

Functional Skills Maths | Entry 2 | Number | Going To The Gym
1



Useful Vocabulary

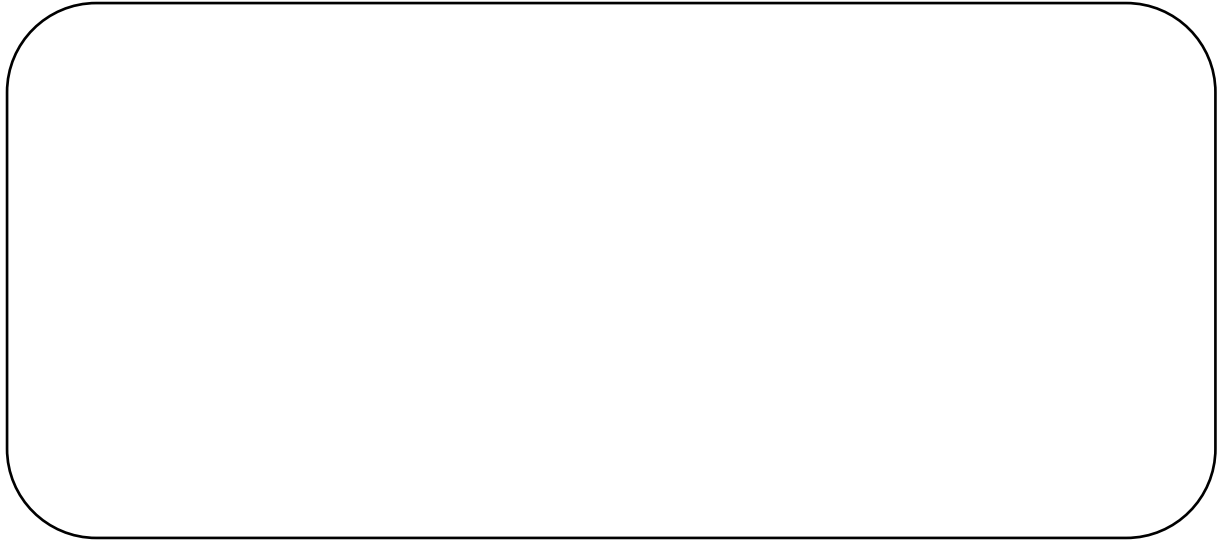
This is a list of gym vocabulary for this handout.

- Barbell
- Set
- Exercise
- Lengths (in a swimming pool)
- Protein Bar
- Pull Ups
- Pull Up Bar
- Exercise Bike

1. Oliwia is doing exercises with a barbell.

She does 7 sets of exercises with 5 lifts in each set.

How many sets does Oliwia do?



2. Nisha is swimming lengths in a swimming pool.

She swims 37 lengths on Thursday.

She swims 25 lengths on Friday.

How many lengths does she swim in total?

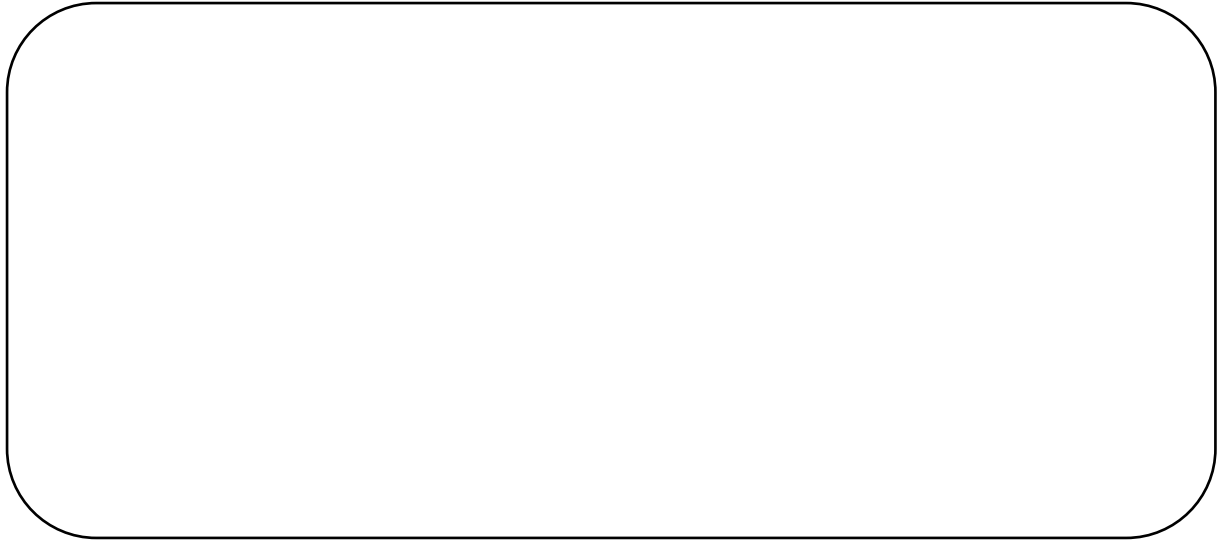
Show your working out.



3. Rose will cycle 47 km on Monday on an exercise bike.

She will cycle 75 km on Tuesday.

How much further will Rose cycle on Tuesday than on Monday?



4. Faisal is doing pull ups on the pull up bar.

Every day he does 8 pull ups.

He repeats this for a full week.

How many pull ups does he do in total?



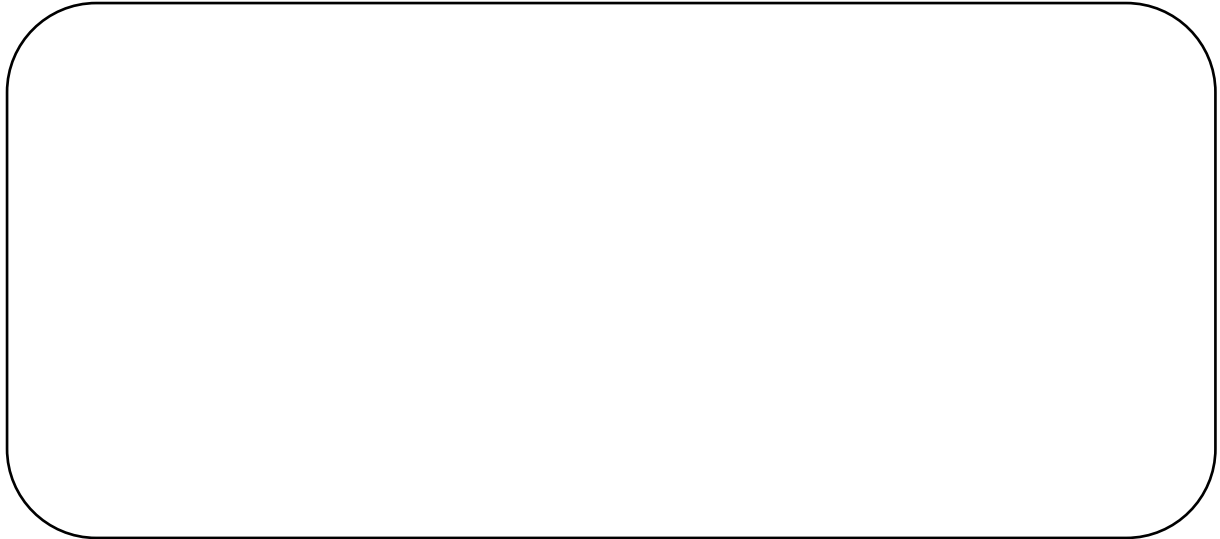
5. Aneeta buys protein bars for the gym.

She wants to have 31 protein bars for the month.

The protein bars are only sold in boxes of 6.

How many boxes does Aneeta buy?

Show how many bars are left over.



6. Mala swims 84 lengths in a swimming pool in three visits to the pool.

She swims the same number of lengths each time.

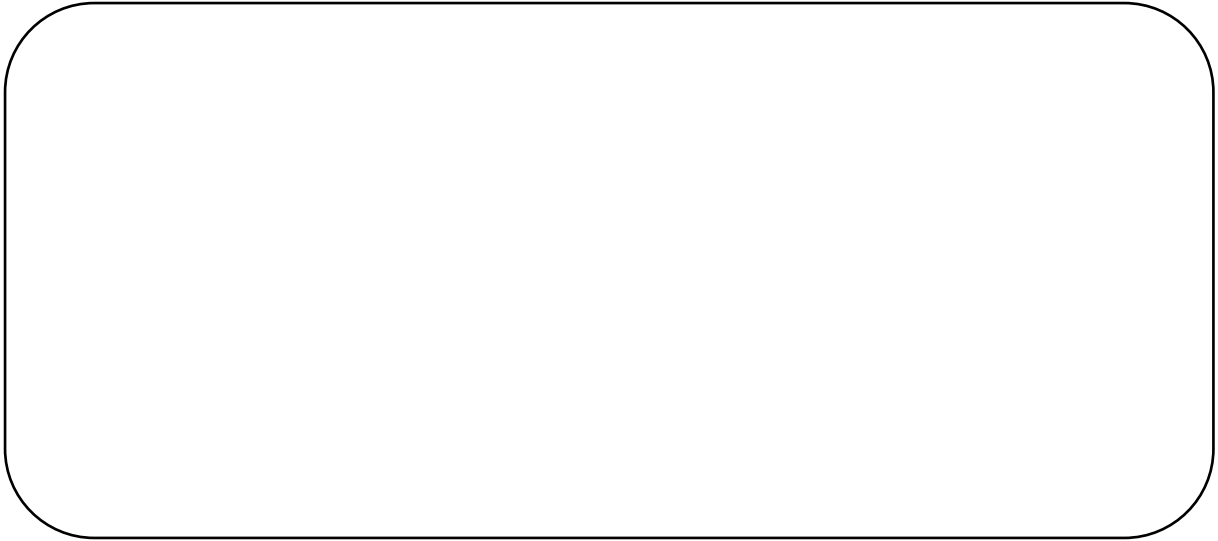
How many lengths does Mala swim on each visit?



7. Ali knows there are 50 people in the gym.

She knows that half of them are women.

How many women are there in the gym?



Answers

1. 35
2. 62 (lengths)
3. 28 (km)
4. 56
5. 6 and 5
6. 28
7. 25