

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



Useful Vocabulary

This is a list of gym vocabulary for this handout.

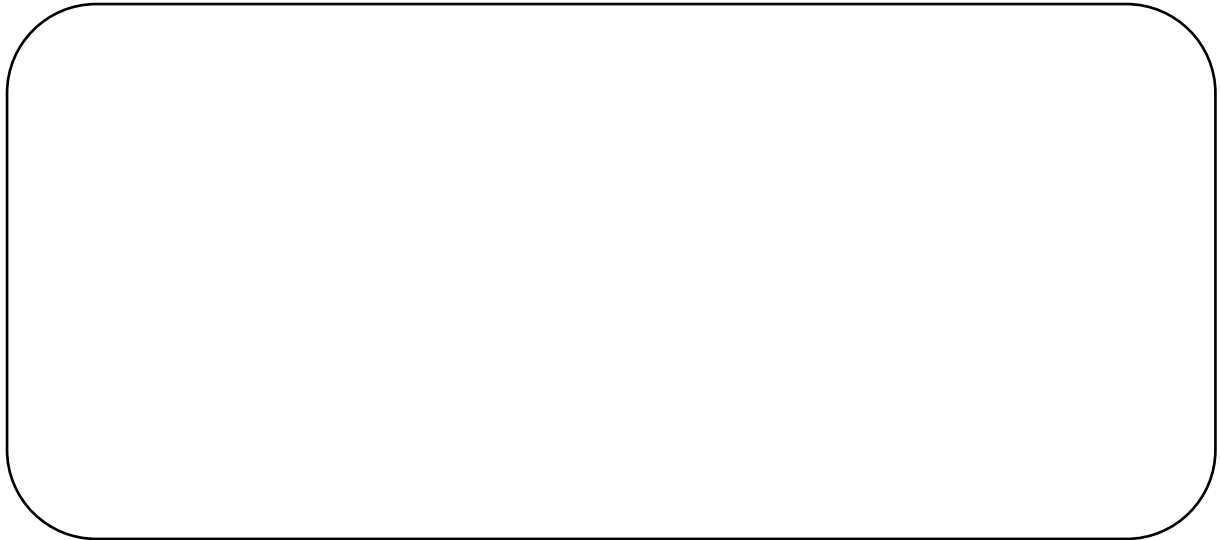
- Treadmill
- Warm Up
- Exercise
- Rowing Machine
- Exercise Bike
- Set
- Kettlebell
- Press Ups
- Membership
- Floor Plan
- Exercise Stations

1. Jakub is warming up on a treadmill.

He runs for 9 minutes.

He does this every day for a week.

How many minutes will Jakub run in the week?



2. Jayde is using kettlebells.

She lifts an 8 kg kettlebell 6 times in one set.

What is the total weight she lifts in the set?

Show your working out.



3. Fiona counts the number of people in the gym when she visits.

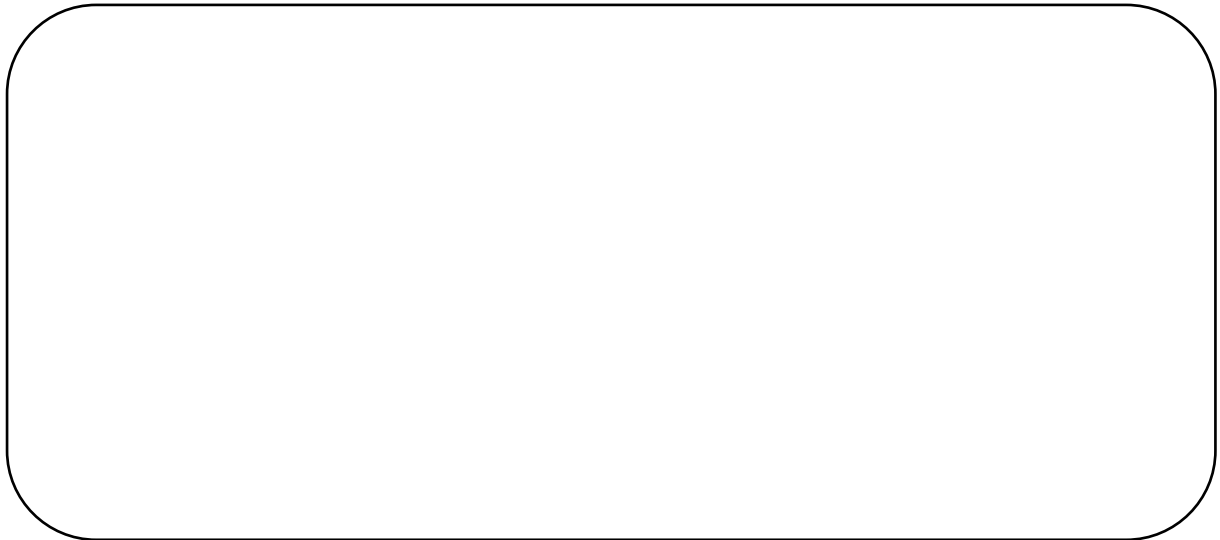
There were 58 people on Saturday.

There were 19 people on Sunday.

Fiona thinks there are 37 more people on Saturday than on Sunday.

Is Fiona correct?

Show why you think this.



4. Jim is doing press ups in the gym.

Every day he does 7 sets of press ups.

He repeats this for a full week.

How many sets of press ups does he do in total?



5. Rachel does different types of exercise every day for 8 days.

Day 1	Rowing Machine
Day 2	Exercise Bike
Day 3	Rowing Machine
Day 4	Treadmill
Day 5	Swimming
Day 6	Exercise Bike
Day 7	Swimming
Day 8	Rowing Machine

Rachel thinks she uses the exercise bike for half the days.

Is Rachel correct?

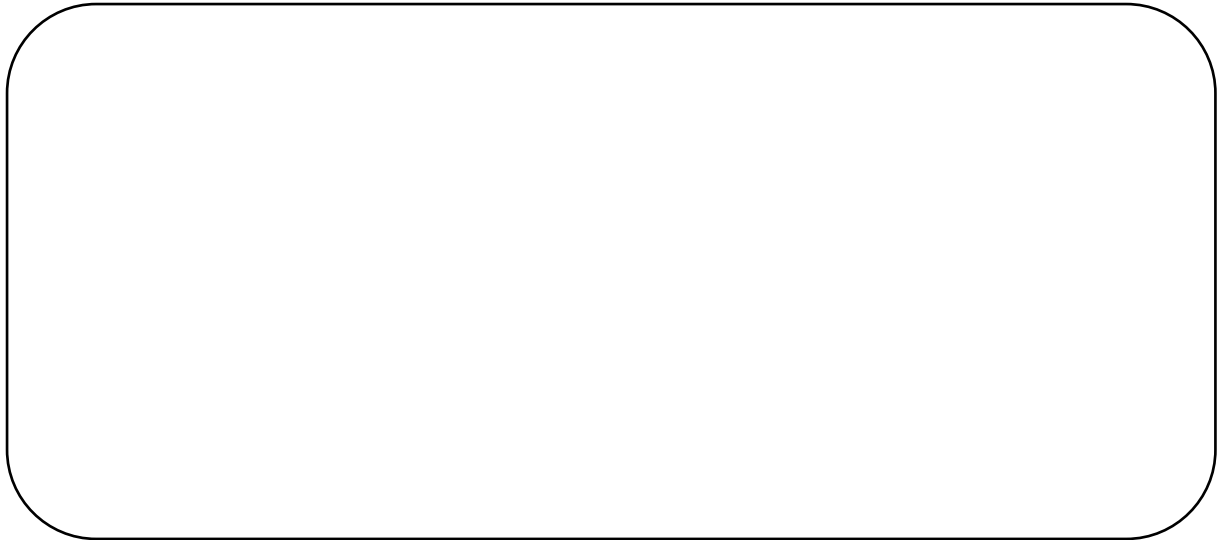
Show why you think this.

6. Michelle to pays a total of £87 for 3 months membership to the gym.

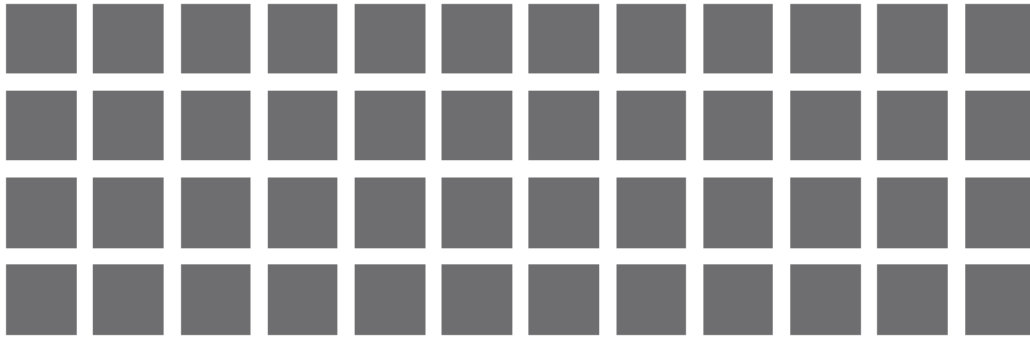
She pays the same amount for each month.

How much does the Michelle pay for each month?

Use the correct symbol for money.



7. Gary is looking at the floor plan of his gym that shows exercise stations.



Gary thinks there are more than 90 exercise stations at his gym.

Is he correct?

Show why you think this.

Answers

1. 63 (minutes)
2. 48 (kg)
3. No and 39 (people)
4. 49
5. No, exercise bike = 2 days not four or a quarter
6. £29
7. Yes and 96 OR Yes and 6 (more)