

Keep fit programme

This task is about carrying out calculations using time.

15 minutes skipping	
35 minutes rowing	
48 minutes cycling	
20 minutes jogging	
25 minutes weight-lifting	

A keep-fit programme requires people to do the activities listed on the board above.

- a) Altogether how many minutes a week do all the exercises take? minutes
- b) After skipping and rowing, how much time would be left from 60 minutes? minutes
- c) If Tony wanted to spend exactly 60 minutes on this programme, list the 3 activities he would choose.
1. *Skipping| Rowing| Cycling| Jogging| Weight-lifting*
 2. *Skipping| Rowing| Cycling| Jogging| Weight-lifting*
 3. *Skipping| Rowing| Cycling| Jogging| Weight-lifting*