

### Circuit Training

1. Venus William's is a superstar in the world of tennis. Venus spends hours exercising each week to remain in top condition. When exercising, it is important to maintain a reasonable heart rate. Refer to the table below. If you are a 15 year old, what heart rate should you maintain when you exercise?

Age	25	30	35	40	45	50
Heart rate	170	166	162	157	153	149

2. The table below shows the number of calories in one serving of different snack foods movie-goers love.

choc. mints-360calories , choc. covered raisins-270calories, popcorn-1221calories  
cola-205calories, diet cola-0 calories

A.) David and Martha ordered 2 boxes of choc. mints,a bucket of popcorn, and four colas to share with friends. Find the total number of calories in all the food?

B.) Julie bought two diet colas and a box of choc. covered raisins to share with Mike. How many calories did each person consume?

3. In the special Olympics, Andy can lift up to four times his own body weight. The most weight he has lifted is 385 pounds. What is his body weight, rounded to the nearest whole number?

4. Carissa earns \$5.00 per hour for jumping rope at the jump marathon. How many hours must she jump to earn at least \$110?

5. The Boston Marathon had more than 2,600,000 spectators along its 26 mile route. What was the average number of spectators per mile?

6. Meg is conditioning for the start of soccer season. She does seven minutes of stretching, followed by an 18 min. run. Then she cools down with 8 min. of walking and 7 min. of leg lifts.

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Finally, she finishes with 4 min. of stretching. If Meg finishes her workout at 2:07 pm. ,when did she begin he rworkout?

7. According to a medical study, you can add 21 minutes to your life for every mile that you walk. If you walked 2 miles each day for a year, how much time would you add to your life?

8. At the beginning of Lance Armstrong's workout the odometer on his bicycle read 201.9 kilometers. If Lance rides 176.6 kilometers that day, what will the odometer read at the end of the week if he rides the same amount the next 3 days?

9. The West's added an exercise room to the rear of their house. They installed  $\frac{3}{8}$ in thick paneling over a layer of dry wall  $\frac{5}{8}$  inches thick. How thick are the wall coverings?

10. If 50 males have a resting heart rate of 59 beats a minute, 30 males have a resting heart rate of 72, 15 males have a resting heart rate of 84, and 5 males have a resting heart rate of 93. What is the mean resting heart rate for all 100 males represented?