

Workout Calculations

At the gym and on the track—measurements are everywhere you look. You'll need a good knowledge of measurement units to solve these workout problems.

Convert the measurement units in each problem.

1. A gym mat was 18 centimeters thick. How many meters? _____
2. Elija ran 6 miles, 1,500 feet on the treadmill. How many feet? _____
3. Alonzo lifted 68 kilograms in weights. How many grams? _____
4. Gavin had 5 pounds, 7 ounces of high-energy snack in his gym bag. How many ounces? _____
5. Caitlin drank 1.7 liters of water after her workout. How many milliliters? _____
6. A truckload of gym equipment weighed 1.52 metric tons. How many kg? _____
7. A truckload of gym equipment weighed 2.5 U.S. tons. How many pounds? _____



Circle *yes* or *no* for each question.
If the answer is *no*, write the correct answer.



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|--|-----|----|
| 8. Carlos lifted 50 kilograms. He said it was 5,000 g. Is he right? | yes | no |
| 9. Lucinda did 120 sit-ups in 263 seconds. She said it was 2 minutes, 63 seconds. Is she right? | yes | no |
| 10. Jason drank 3 quarts, 2 pints of energy drink. He said it was 16 cups. Is he right? | yes | no |
| 11. Kat's bottle holds 1,080 milliliters of energy drink. She said was 1.8 liters. Is she right? | yes | no |
| 12. Raja sprinted 120 yards, 4 feet. He said this was 3,640 feet. Is he right? | yes | no |

Name: _____

Date: _____

Class: _____

WORKOUT CALCULATIONS, continued

Circle the correct answer.

13. Gigi did 85 sit-ups in 2 minutes, 50 seconds. Sam did 32 sit-ups in 48 seconds. Who did sit-ups at a faster rate?
- Gigi
 - Sam
 - neither (Their rate was the same.)
14. The ABC Gym bought 6 pints of energy powder for \$18.90. The BBD Gym bought 3 gallons of the same powder for \$72.00. Who got the better deal?
- ABC
 - BBD
 - neither (They paid the same per pint.)
15. Jamahl skipped rope at a rate of 1,620 skips in 540 seconds. Brad skipped at a rate of 3,360 skips in 28 minutes. Whose rate was faster?
- Jamahl
 - Brad
 - neither (Their rate was the same.)
16. Team Green drank 8.5 kiloliters of water during the game. Team Blue drank 85 hectoliters during the game. Who drank the most?
- Green
 - Blue
 - neither (They drank the same amount.)

Calculate or convert the measurements.

17. The water cooler at the gym held 3 gallons of water. (1 gal = 3.791 l)
How many liters? _____
18. Bill, Will, and Jill each went for a bike ride, riding the same amount of time each. The total of their times was 8 hours, 45 minutes.
How long did each ride? _____
19. Tad's jump rope weighed 12 ounces. (1 oz = 28.35 g)
How many grams? _____
20. The perimeter of Joe's mat at the gym was 188 inches. Marilou's mat had a perimeter of 300 centimeters. Whose mat had the greater perimeter? _____
21. Julia's sprint was 138 yards, 2 feet. Jan's sprint was four times as long. How long was Jan's sprint (in yards and feet)?

22. Aran lifted a 115-pound weight. Greg lifted 88 kilograms. Who lifted more weight?

