

# DECIMAL WORKOUT

Get a workout of your skills by multiplying with decimals. Anya keeps this list of activities that are a part of her daily workout. Some of the numbers on her list will be needed for solving the problems.

## Daily Workout

- 50 sit-ups
- 15 push-ups
- 0.75 hr yoga
- 12.3 min ball exercises
- 220 jump-rope skips
- 450 mini-trampoline bounces
- 0.5 hr stretches



\_\_\_\_\_ 1. The record for the most push-ups done in one minute was set at a rate of **2.2166** per second. Anna's rate is **0.17** times that rate. What is her rate?  
(Round to nearest thousandth.)

\_\_\_\_\_ 2. The record for the most sit-ups done in one minute was set at a rate of **2.3** per second. Anna's rate is **0.212** of that. What is her rate?  
(Round to nearest thousandth.)

- \_\_\_\_\_ 3. Friend Kevin does yoga 3 times longer than Anna. How long?
- \_\_\_\_\_ 4. She does the ball exercises 7 days in a row. How much total time?
- \_\_\_\_\_ 5. Friday, she got in about 0.8 of her usual jump rope skips. How many?
- \_\_\_\_\_ 6. She did 1.06 times the listed trampoline bounces today. How many?
- \_\_\_\_\_ 7. Today she did 2.6 times the number of push-ups on her list. How many?
- \_\_\_\_\_ 8. Her resting heart rate was 70. After exercise, it was 0.8 times faster. How fast?
- \_\_\_\_\_ 9. She usually drinks 1.04 liters of water after jump-roping. Today she drank 2.3 times that much. How much?
- \_\_\_\_\_ 10. Her exercise mat is 5.4 ft x 3.1 ft. What's the area?

Name \_\_\_\_\_

# STEP UP TO DECIMALS

Step up to the task of multiplying decimals. When you find a solution, pay close attention to the locations of those decimal points in the products.

Finish the table below by calculating the times for Weeks 2–6.

## C.J.'s Stair-Stepping Improvement

Which answer? Circle the correct letter.

1.  $12 \times 15.5$

- a. 166.6
- b. 186
- c. 186.5

2.  $0.4 \times 0.04$

- a. 0.16
- b. 0.016
- c. 1.06

3.  $33.7 \times 4$

- a. 13.48
- b. 134.8
- c. 13.38
- d. none of these

4.  $26.3 \times 28$

- a. 734.4
- b. 73.64
- c. 736.4
- d. none of these

5.  $660 \times 1.75$

- a. 115.5
- b. 11.55
- c. 1155
- d. none of these

6.  $466.8 \times 3.91$

- a. 1825.188
- b. 18,231.88
- c. 182.5188
- d. none of these

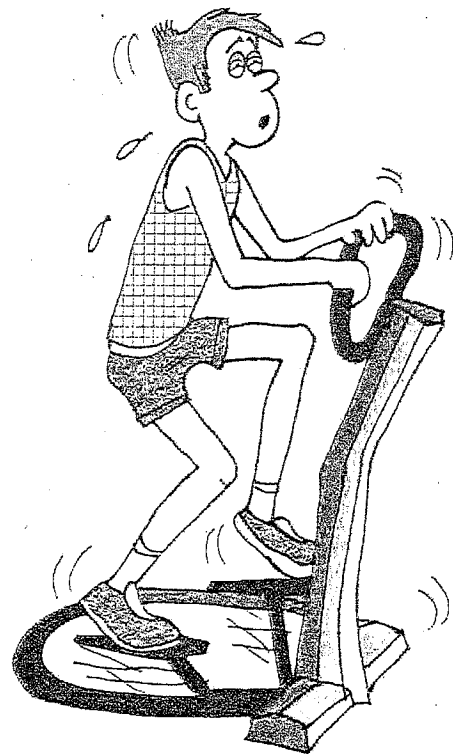
7.  $2.9 \times 1.0572$

- a. 30.6588
- b. 3.06588
- c. 3.06468
- d. none of these

8.  $75 \times 100.23$

- a. 751.725
- b. 7407.15
- c. 75,170.5
- d. none of these

Week	Minutes more than Week 1	Time On The Stepper (minutes)
1		40
2	1.05 times Week 1	
3	1.15 times Week 1	
4	1.25 times Week 1	
5	1.5 times Week 1	
6	1.6 times Week 1	



Name \_\_\_\_\_