

WHAT WAS YOUR TIME?

Name:

Time:

Year Level:

Date:

MATH WORKOUT

Complete the equations to work out how many of each exercise you need to do! Time yourself to see how speedy you are!

1. $5 \times 5 - 4 =$



Star Jumps

2. $4 \times 3 + 3 =$



Push Ups

3. $6 \times 6 + 10 =$



Squats

4. $9 \times 3 - 5 =$



Mountain Climbers

5. $2 \times 4 + 2 =$



Runs around your backyard

6. $7 \times 5 =$



Plank (answer=seconds)

7. $8 \times 8 - 4 =$



Skipping (answer=seconds)

8. $4 \times 4 + 3 =$



Squat jumps

9. $9 \times 3 - 10 =$



Crunches

10. $2 \times 6 + 6 =$



Plank with shoulder taps