

SYSTEMS OF LINEAR EQUATIONS AND INEQUALITIES

► *How can you combine swimming and inline skating to burn 300 Calories?*



CHAPTER

3

APPLICATION: Cross-Training

Cross-training involves doing a combination of two or more types of exercise. Since different exercises use different muscle groups, cross-training is a good way to get a well-rounded workout.

Think & Discuss

You burn about 12 Calories per minute swimming and about 8 Calories per minute inline skating. You want to do a combination of both activities for a total of 30 minutes and 300 Calories burned.

Minutes swimming, s	Minutes inline skating, i	$12s + 8i$
0	?	?
5	?	?
10	?	?
15	?	?
20	?	?
25	?	?
30	?	?

- Copy the table above. Complete the second column so that $s + i = 30$.
- What does the expression $12s + 8i$ represent? Complete this column in your table.
- How long should you spend doing each activity?

Learn More About It

You will find another cross-training combination in Ex. 57 on p. 154.



APPLICATION LINK Visit www.mcdougallittell.com for more information about cross-training.

