Solving Compound Inequalities Practice

1. $-49 \leq 7m \leq 42$

2. $10 < 5r \leq 20$

3. $-50 \leq 5n < -35$

4. $1 \leq x - 10 < 9$

5. $-85 < 10a + 5 \leq 105$

6. $3 \leq 6n + 3 \leq 39$

7. $-42 \leq 3 + 5a < 8$

8. $1 \leq \frac{x}{4} - 1 < 5$