

NEXT EP MBB

FREE MATH WORKBOOK

OUR FREE EDITION
TO PRACTICE CASE MATH

2 FULL SESSIONS

MENTAL MATH
ON-PAPER CALCULATIONS

2026 EDITION

BEFORE STARTING

Thank you for choosing this book as part of your preparation.

If you want to keep sharpening your skills with **short, practical tips straight to the point**, join our **FlashTips** free insights delivered to your inbox to help you stay sharp between practice sessions.

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Many thanks, and best of luck with your preparation!

INTRODUCTION

This document is an **independent sample** of our workbook ***Crack the Math***.

It includes **two sessions** that do not overlap with the full version, so you can experience the method while practicing new exercises.

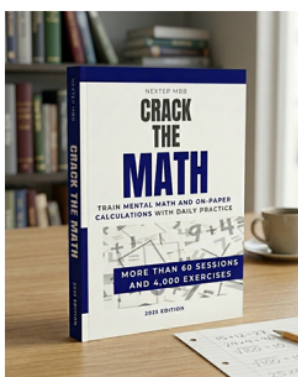
Each session combines mental math drills and on-paper calculation problems, designed to strengthen both speed and accuracy: two skills consulting firms test in every interview.

The full book goes much further. With **60+ sessions** and thousands of exercises, it provides a structured training program to help you:

- Build consistency through daily practice.
- Improve accuracy first, then develop speed.
- Sharpen your quantitative reasoning under time pressure.
- Gain the confidence to handle numbers naturally in case interviews.

Use these two sessions as a starting point. If you find them helpful, **continue with the complete program in *Crack the Math***.

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SESSION 1

Mental Math

Date:

Time:

Errors:

Benchmark

Average: 5:30 - 7 min

Top: 2,5 - 3,5 min

	A	f(x)	B	Result	Check
1	15	+	25		
2	38	-	23		
3	3	×	2		
4	8	÷	2		
5	2	+	29		
6	48	-	47		
7	10	×	7		
8	9	÷	1		
9	24	+	8		
10	28	-	23		
11	1	×	10		
12	30	÷	10		
13	3	+	58		
14	33	-	22		
15	5	×	10		
16	30	÷	5		
17	38	+	57		
18	53	-	9		
19	2	×	4		
20	15	÷	3		
21	6	+	48		
22	56	-	12		
23	4	×	10		
24	60	÷	12		
25	53	+	53		
26	48	-	4		
27	12	×	6		
28	28	÷	4		

	A	f(x)	B	Result	Check
29	44	+	24		
30	44	-	21		
31	12	×	6		
32	108	÷	12		
33	11	+	53		
34	30	-	6		
35	5	×	6		
36	6	÷	1		
37	55	+	12		
38	46	-	6		
39	4	×	7		
40	10	÷	10		
41	35	+	50		
42	88	-	44		
43	5	×	9		
44	12	÷	4		
45	48	+	24		
46	88	-	47		
47	6	×	3		
48	30	÷	6		
49	31	+	57		
50	56	-	42		
51	2	×	1		
52	81	÷	9		
53	34	+	44		
54	43	-	20		
55	8	×	1		
56	35	÷	5		

On paper

	A	f(x)	B	Result	Check
1	451	+	805		
2	1161	-	603		
3	32	×	42		
4	486	÷	27		

	A	f(x)	B	Result	Check
5	163	+	249		
6	1166	-	324		
7	47	×	29		
8	682	÷	31		

SESSION 2

Mental Math

Date:

Time:

Errors:

Benchmark

Average: 5:30 - 7 min

Top: 2,5 - 3,5 min

	A	f(x)	B	Result	Check
1	44	+	16		
2	68	-	27		
3	3	×	7		
4	30	÷	10		
5	1	+	37		
6	42	-	20		
7	6	×	2		
8	48	÷	8		
9	20	+	8		
10	52	-	32		
11	2	×	9		
12	99	÷	11		
13	36	+	54		
14	44	-	38		
15	5	×	10		
16	24	÷	6		
17	38	+	60		
18	79	-	50		
19	10	×	11		
20	36	÷	4		
21	25	+	18		
22	58	-	45		
23	10	×	2		
24	4	÷	2		
25	59	+	57		
26	62	-	42		
27	7	×	7		
28	15	÷	3		

	A	f(x)	B	Result	Check
29	7	+	10		
30	27	-	4		
31	12	×	5		
32	72	÷	8		
33	28	+	57		
34	28	-	23		
35	6	×	11		
36	18	÷	6		
37	5	+	55		
38	45	-	22		
39	9	×	10		
40	27	÷	9		
41	14	+	12		
42	10	-	4		
43	5	×	5		
44	24	÷	12		
45	50	+	28		
46	25	-	13		
47	2	×	1		
48	45	÷	5		
49	28	+	2		
50	36	-	11		
51	8	×	9		
52	12	÷	12		
53	12	+	15		
54	78	-	28		
55	9	×	11		
56	2	÷	2		

On paper

	A	f(x)	B	Result	Check
1	281	+	466		
2	514	-	224		
3	31	×	31		
4	660	÷	22		

	A	f(x)	B	Result	Check
5	832	+	785		
6	507	-	283		
7	46	×	22		
8	576	÷	24		

SESSION 1

	Result
1	40
2	15
3	6
4	4
5	31
6	1
7	70
8	9
9	32
10	5
11	10
12	3
13	61
14	11
15	50
16	6
17	95
18	44
19	8
20	5
21	54
22	44
23	40
24	5
25	106
26	44
27	72
28	7

	Result
29	68
30	23
31	72
32	9
33	64
34	24
35	30
36	6
37	67
38	40
39	28
40	1
41	85
42	44
43	45
44	3
45	72
46	41
47	18
48	5
49	88
50	14
51	2
52	9
53	78
54	23
55	8
56	7

On paper

	Result
1	1256
2	558
3	1344
4	18

	Result
5	412
6	842
7	1363
8	22

SESSION 2

	Result
1	60
2	41
3	21
4	3
5	38
6	22
7	12
8	6
9	28
10	20
11	18
12	9
13	90
14	6
15	50
16	4
17	98
18	29
19	110
20	9
21	43
22	13
23	20
24	2
25	116
26	20
27	49
28	5

	Result
29	17
30	23
31	60
32	9
33	85
34	5
35	66
36	3
37	60
38	23
39	90
40	3
41	26
42	6
43	25
44	2
45	78
46	12
47	2
48	9
49	30
50	25
51	72
52	1
53	27
54	50
55	99
56	1

On paper

	Result
1	747
2	290
3	961
4	30

	Result
5	1617
6	224
7	1012
8	24

ADDITIONAL RESOURCES

You've taken a solid step in your preparation, but cracking consulting takes more than one piece. Keep building with the rest of the NextEp MBB method: books and workbooks designed for every stage of the process, from the application and tests to the case and fit interviews:

CRACK THE INTERVIEW PROCESS

The most complete guide to understanding and preparing for the entire consulting recruitment process, from your first click on “Apply” to the final interview.

Before practicing cases or training your mental math, you need to understand how the process truly works. This book gives you a clear, structured overview of every stage: application, CV, cover letter, screening tests, interviews, and career path.

Here, you won’t just learn what to do. You’ll understand why each stage exists, what firms are really evaluating, and how to maximize your chances at every filter.

What will you find inside?

- A step-by-step guide to the full consulting application process.
- Key principles to build an output-driven CV and a distinctive Cover Letter.
- What to expect from quantitative screening tests, case interviews, and fit interviews.
- A structured overview of major firms: MBB, Tier 2, Big 4, and boutiques.
- A clear explanation of the consulting career path and exit opportunities.



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CRACK THE TEST WORKBOOK

Crack The Test is the most practical way to prepare for the GMAT-style tests firms use to screen candidates before the interviews.

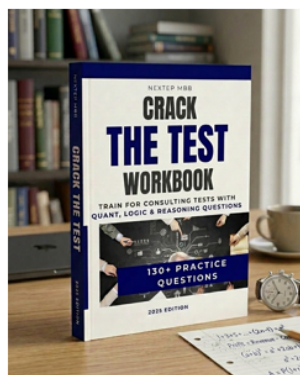
Most firms use numerical, logical or critical-reasoning tests to screen candidates in the early stages. They're easy to underestimate, but you can't reach the interview without passing them first.

This book helps you practice exactly what you need: multiple-choice problems, very similar to the real ones, with clear explanations and tips to gain speed and accuracy.

It is designed to help you train efficiently, understand the most common mistakes, and arrive prepared for the test day.

What will you find inside?

- 12 business case-style questions focused on charts, data interpretation, and logical business insights.
- 30 data insights questions covering percent changes, proportional logic, growth rates, and data analysis.
- 20 critical reasoning questions to strengthen multi-source reasoning, logical synthesis skills, and data evaluation.
- 90 GMAT-style quant questions, including data sufficiency, algebra, combinatorics, percentages, divisibility, and geometry.



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CRACK THE FRAMEWORKS

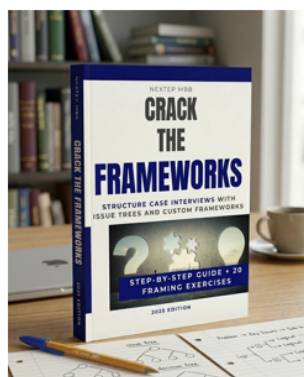
Crack The Frameworks is the most practical guide to mastering the most decisive moment of the case interview: the opening.

The first minutes of a case are when interviewers decide whether you can think clearly, generate a solid hypothesis, and build a structured plan to solve the problem.

This book teaches you how to structure your thinking from scratch using issue trees and custom frameworks. Whether you're just starting or already practicing live cases, this workbook helps you improve clarity, logic, and confidence when opening any case.

What will you find inside?

- A clear step-by-step guide to generate hypotheses and build effective issue trees and frameworks.
- Key frameworks adapted to different types of business problems.
- Visual breakdowns of core frameworks like Profitability, Market Overview, Investment Evaluation, and Pricing.
- 20 framing exercises to test the case opening and sharpen your structuring skills.
- Analysis and breakdown of 15 industries, including their value drivers and typical cost structures.
- Examples from real interviews and directional solutions.



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CRACK THE CASE INTERVIEW

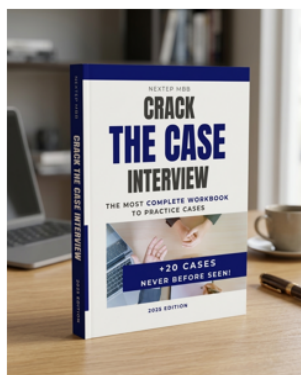
Crack The Case is the most complete workbook to prepare and practice full consulting case interviews.

Case interviews are demanding, and the only way to master them is by practicing. That's why we've created this workbook with 20 original cases that will allow you to train in depth, both on your own and with other candidates.

Each case is designed to help you better structure your ideas, gain fluency in framing, and advance safely in the analyses. Whether you're just starting or want to fine-tune the last details before your interviews, here you'll find exercises that realistically simulate what you'll encounter in the process.

What will you find inside?

- 20 original case studies based on realistic, high-impact business situations.
- A clear prompt and context for each case to simulate interviews.
- A dedicated interviewer guide to structure mock sessions or solo drills.
- Graphs and exhibits to analyze data and support your answers.
- Insights and tips after each key step to help you learn from top-performing candidates.
- A complete solution for every case, with logic and structure to learn and replicate.



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CRACK THE FIT INTERVIEW

Crack The Fit is the definitive guide to preparing for, and nailing, the personal (fit) questions in consulting interviews, with confidence.

Fit interviews aren't just about "breaking the ice": they're a central part of the process. This is where interviewers value your ability to communicate, your experience, and your alignment with the role of a consultant.

This book provides a structured approach, high-level examples, and practical tips for crafting your answers without sounding rehearsed. It is designed to allow you to work on your personal story from scratch or refine the answers you already have.

Whether you're faced with questions about your journey, your motivations, or your accomplishments, this book will help you answer with confidence, authenticity, and focus.

What will you find inside?

- 85 essential behavioral questions covering both personal and skill-based experiences.
- The 8 most common categories of questions interviewers ask.
- The 14 skill areas consulting firms evaluate, with 50+ questions.
- A clear framework for how to structure any interview story.
- 7 story-building templates to write, edit, and refine your stories.
- A summary of the core traits interviewers assess.



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CRACK THE MATH

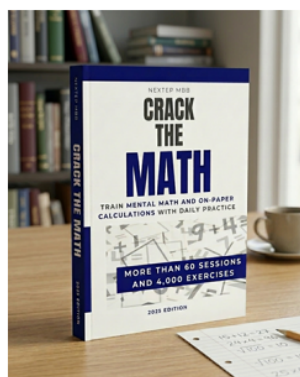
Crack The Math is our most intensive tool to train the speed, accuracy and mental agility that high-pressure case interviews demand.

Whether you're preparing for consulting tests, case interviews, business school assessments, or want to improve your quantitative reflexes, this workbook offers a structured system to sharpen your thinking with time-bound challenges.

It doesn't teach theory. It helps you build real stamina and precision through repetition, benchmarks, and a clear structure you can follow daily.

What will you find inside?

- 60 progressively challenging sessions with 4,000+ exercises in total.
- 56 mental math exercises per session: rapid operations in arithmetic and basic algebra to build speed and accuracy.
- 8 on-paper problems per session: multi-step calculations to practice with pencil and paper.
- Benchmark times (Top vs. Average): measure your progress and push your limits.
- Answer keys every two sessions: review mistakes and reinforce learning.
- Progressive difficulty: every 10 sessions, the challenge increases step by step.



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What will you find inside?

- **36 documents, 22 practice cases, 10 practice tools and 8 audio lessons**, all organized step by step.
- **6 books** with 750+ pages of theory and exercises.
- **27 realistic test exams**: the nine firms, with the real clock and the real marking.
- **45 framing exercises**: warm ups, openings and solutions for every case type.
- **4,000+ math drills** across sixty progressive sessions, plus a generator that never repeats.
- **400+ practice items** across the ten tools: exhibits, data requests, closings, industries and FIT.
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FINAL NOTE

CONGRATULATIONS!

You've reached the end of the workbook, which means you're one step closer to mastering your consulting readiness.

We now recommend continuing with the NextEp MBB journey. In the **Additional Resources** section, you'll find other books and workbooks designed to help you prepare for the remaining key areas of the consulting selection process.

Additionally, if you join **our FlashTips**, you'll receive short, practical insights focused on helping you improve every day, straight to the point and easy to apply.

Scan the QR code to join and start receiving them. [Join FlashTips →](#)



Lastly, if this workbook helped you, we'd genuinely appreciate it if you could leave a **quick review on Amazon**. It helps other candidates discover the material and supports us in continuing to create and improve resources for people like you.

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Thank you, and best of luck with the rest of your preparation.

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