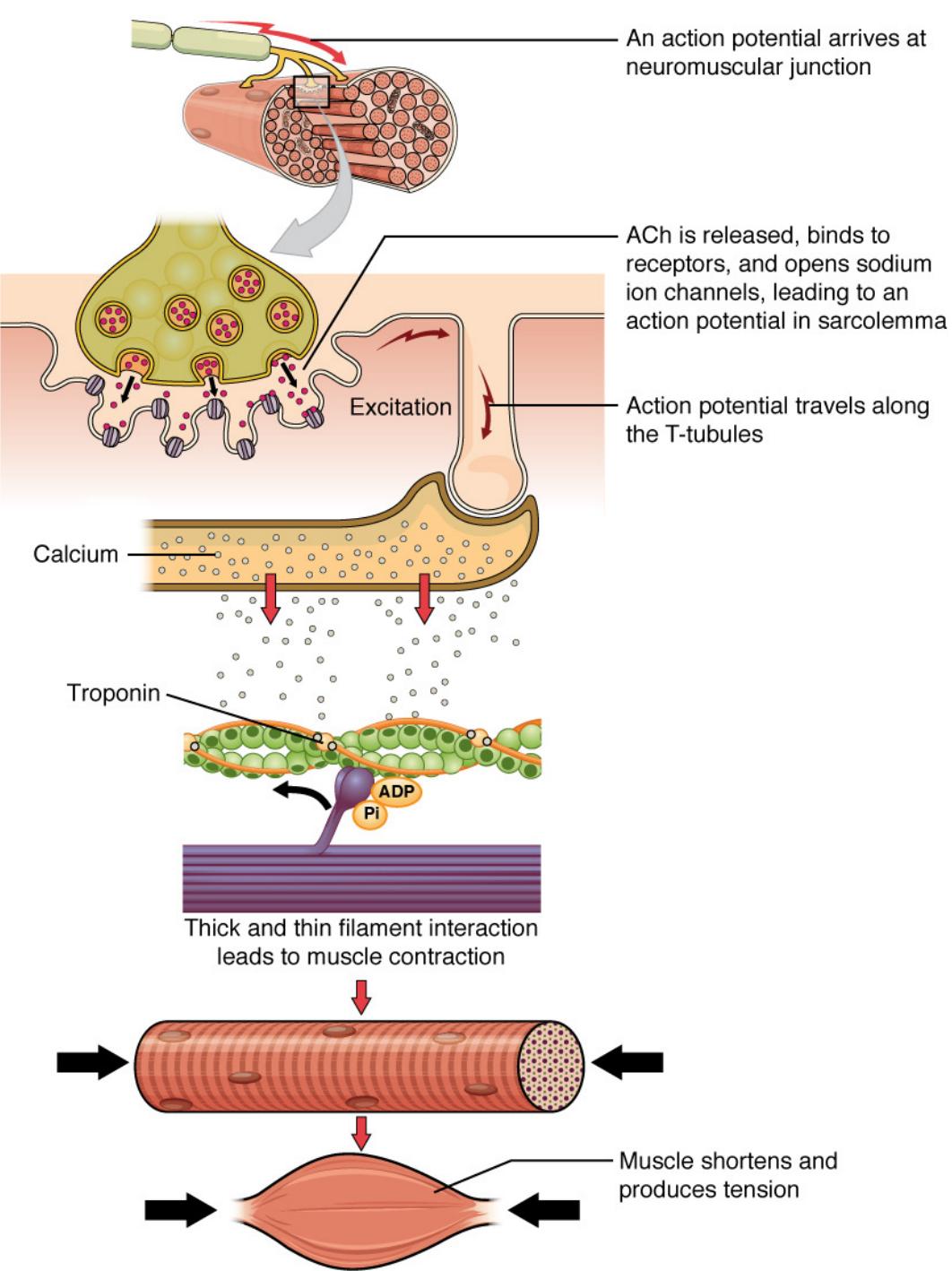


Cell respiration and exercise



A muscular contraction



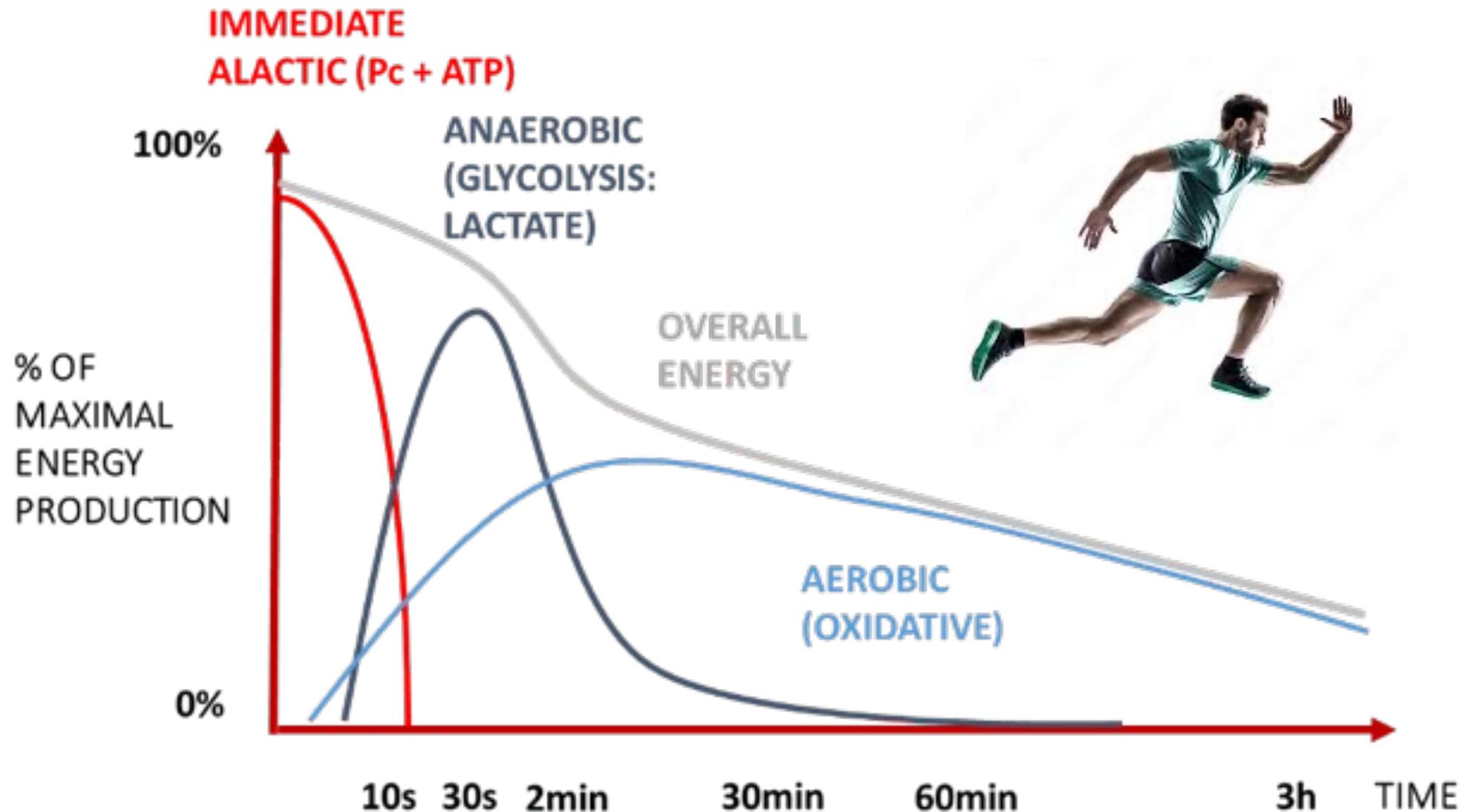
Aerobic vs anaerobic exercise

Aerobic (marathon), anaerobic (sprint)

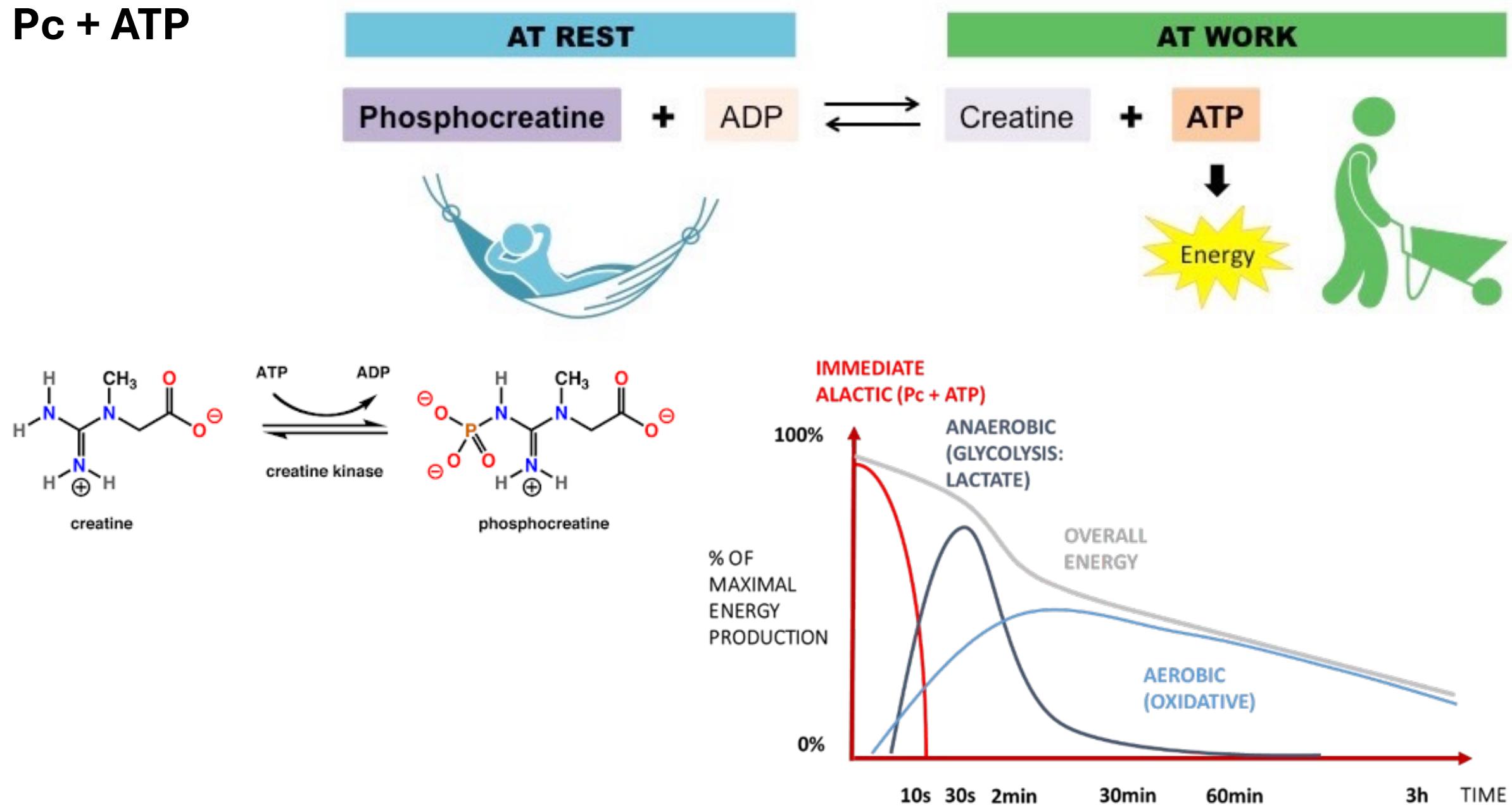


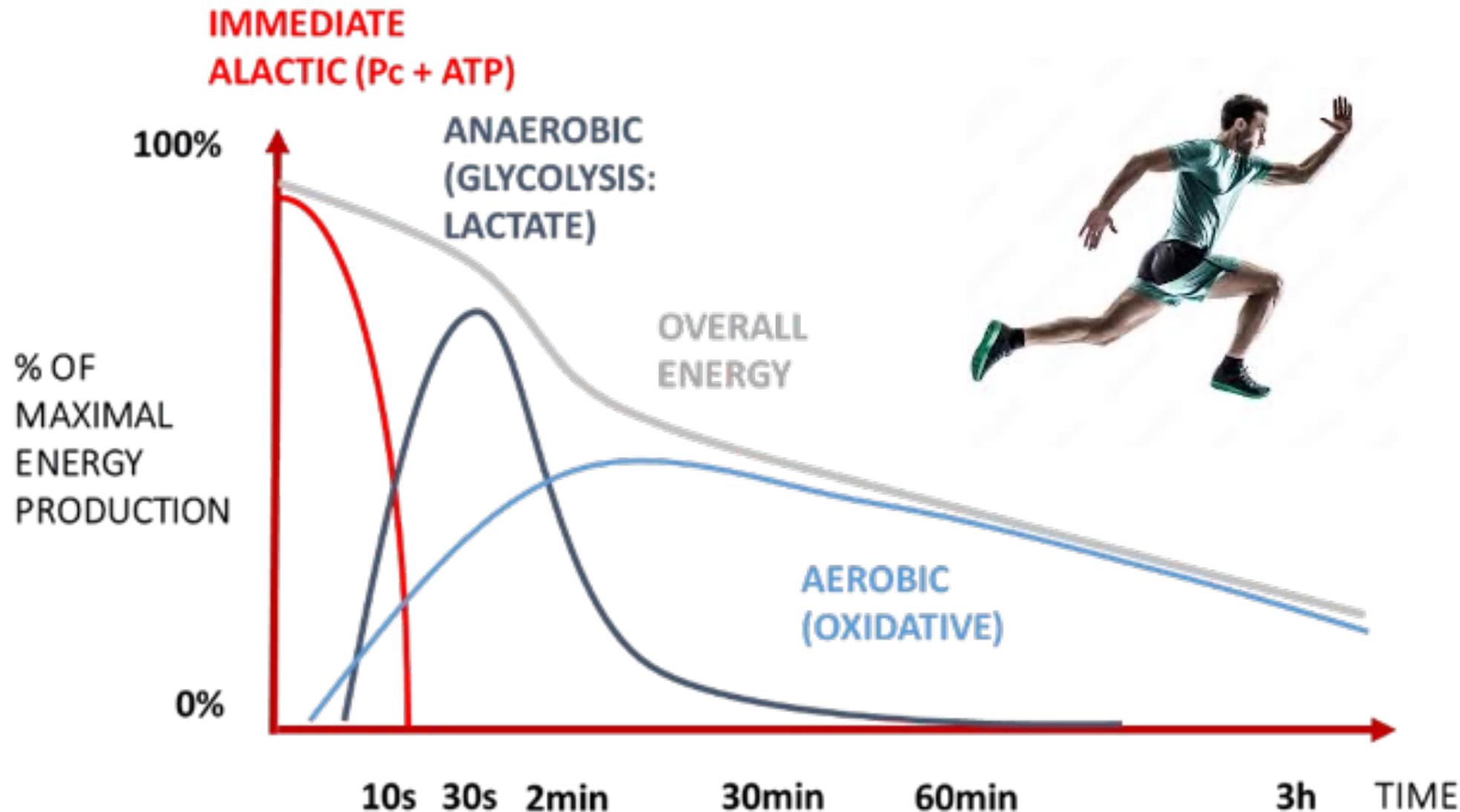
Anaerobic (heavy weightlifting)



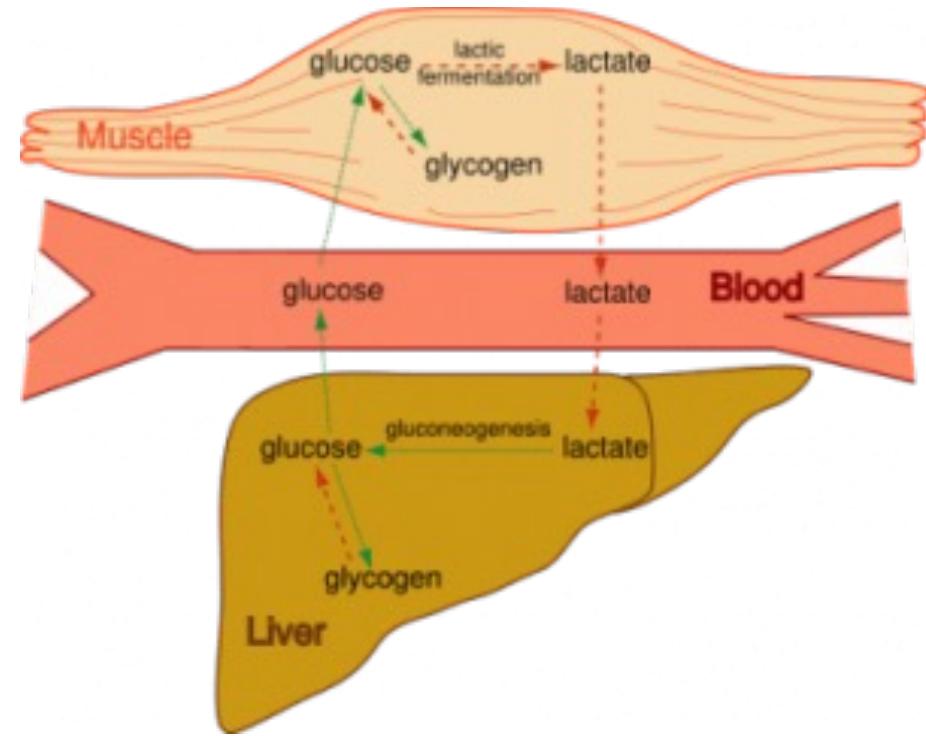
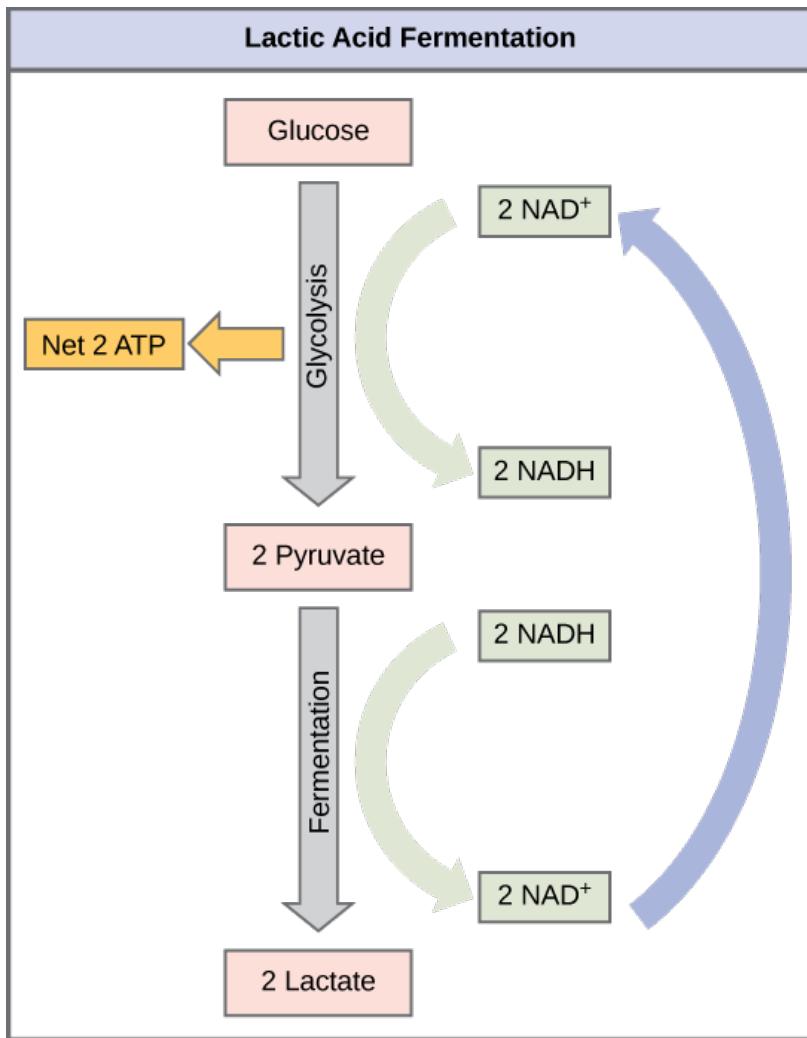


Pc + ATP

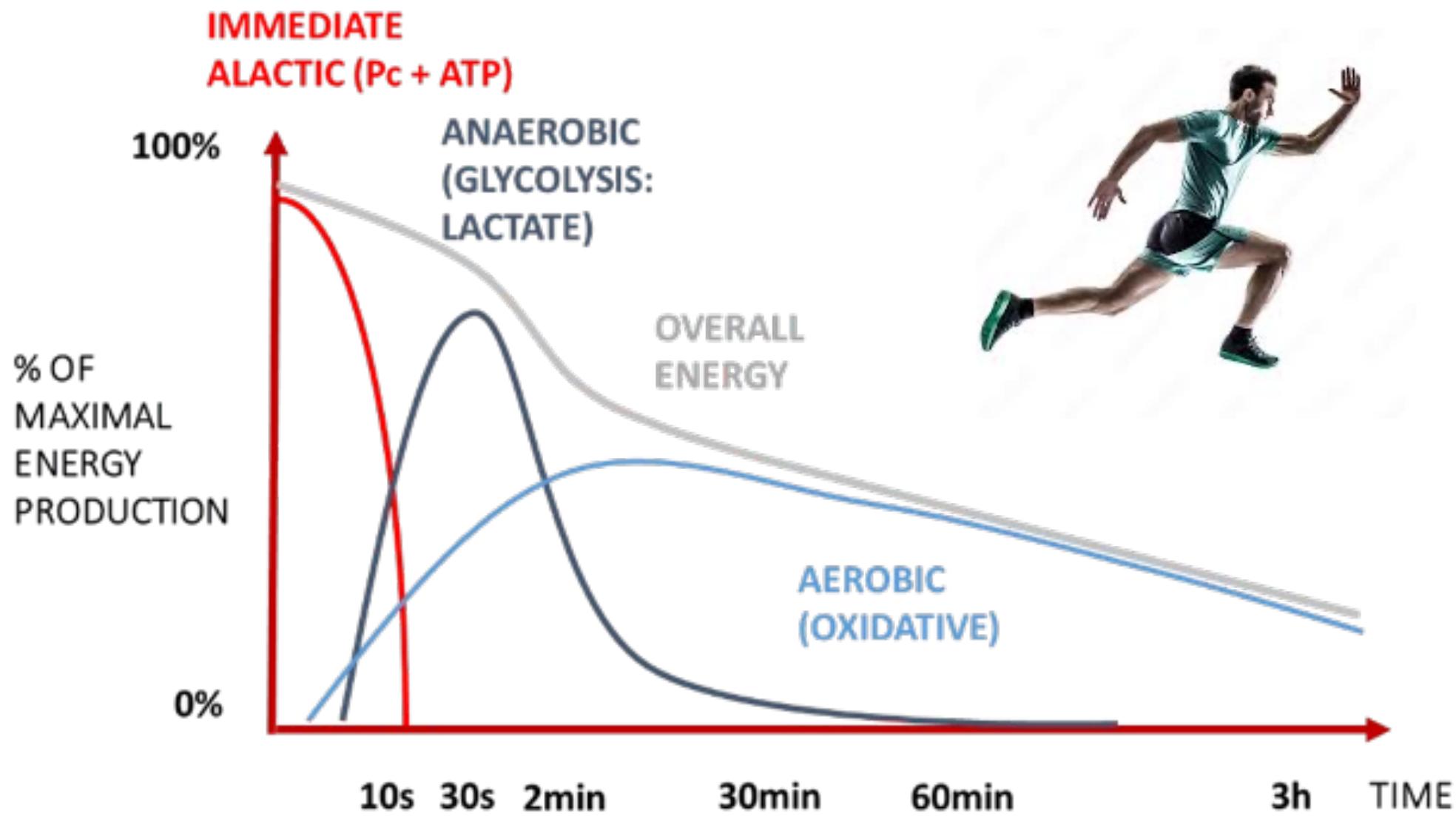




Anaerobic: lactic fermentation



- Lactate accumulates in muscle causing pain, disturbing muscular contraction and leading to fatigue
- It is carried to the liver and converted back to pyruvate



Aerobic respiration: oxidation of glucose, fat and protein

