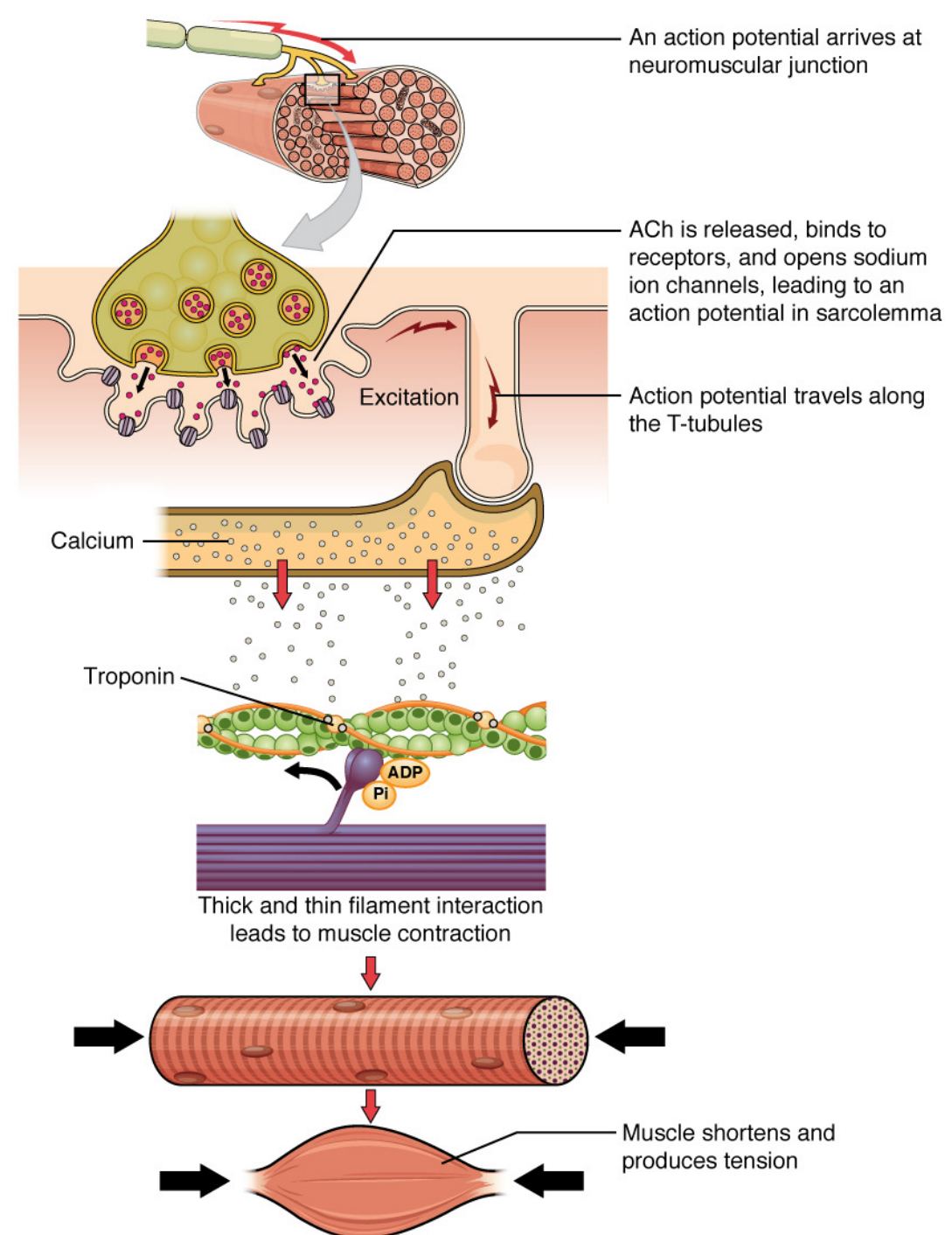




# Cell respiration and exercise

# A muscular contraction





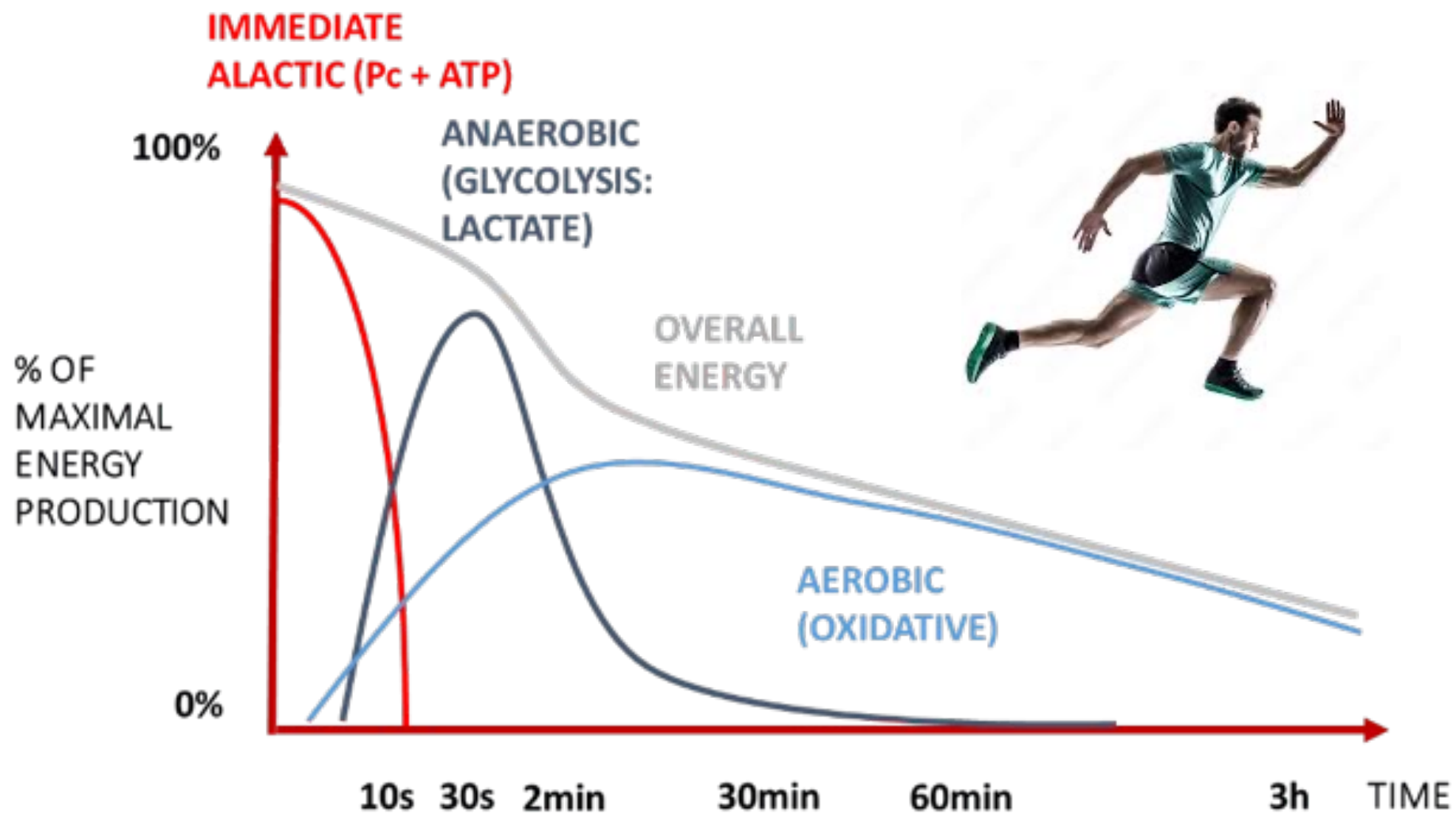
# Aerobic vs anaerobic exercise

**Aerobic (marathon), anaerobic (sprint)**

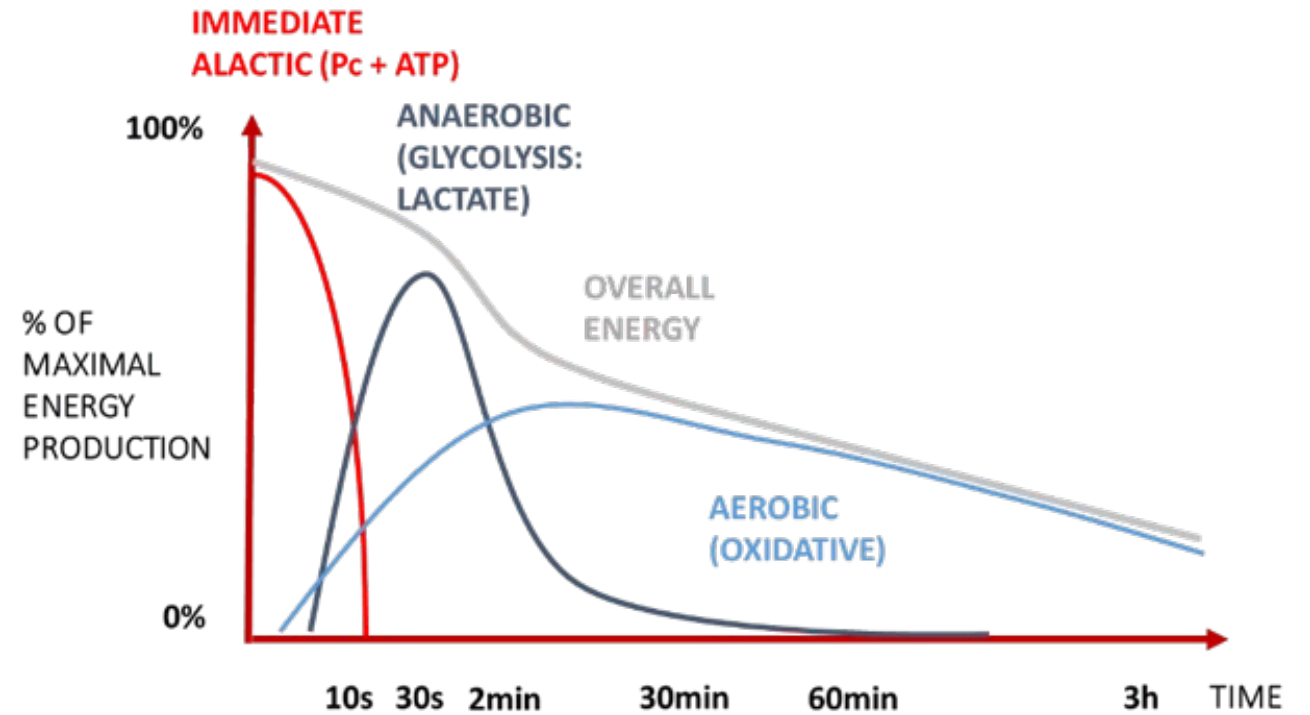
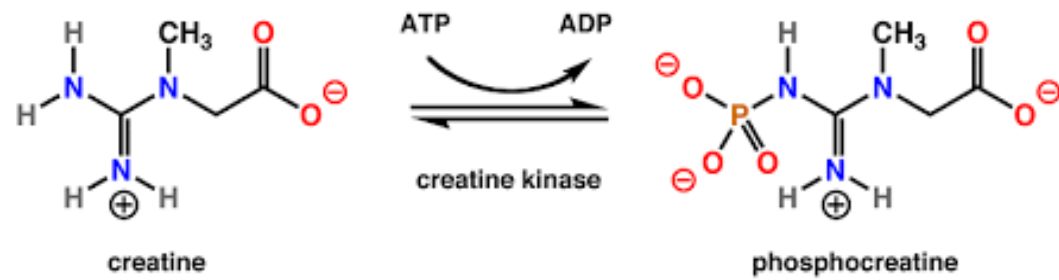
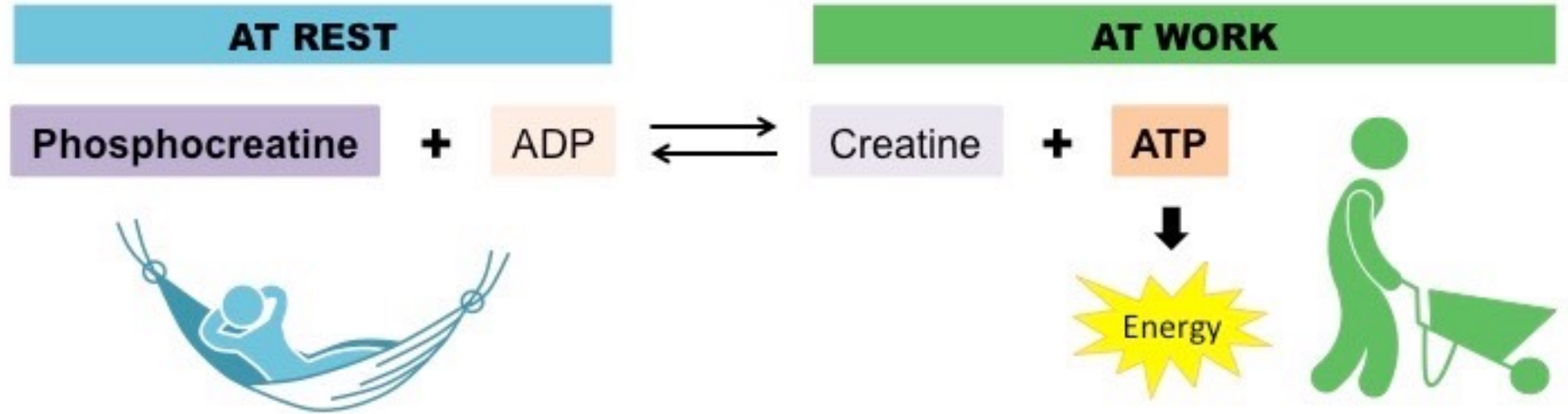


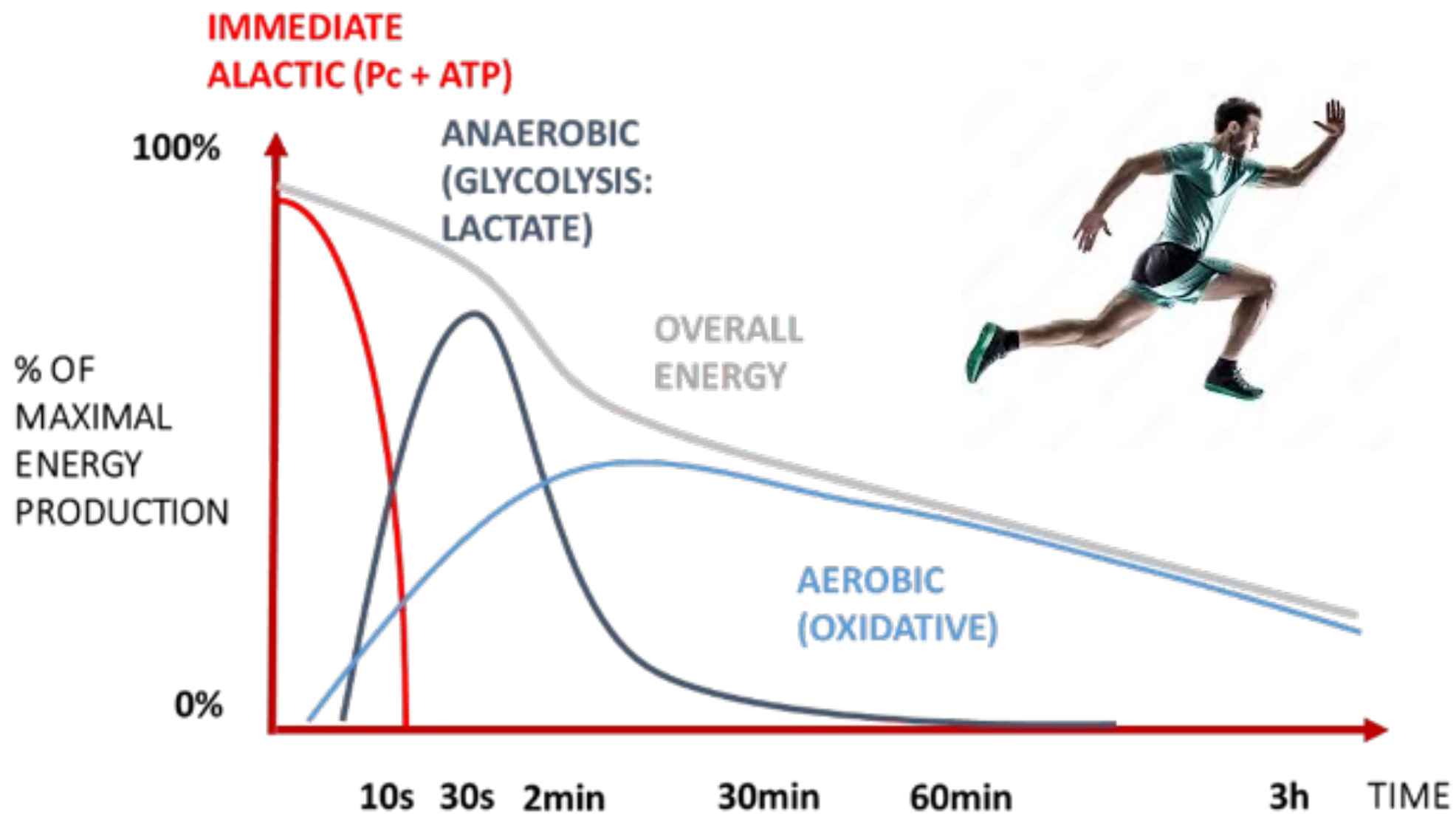
**Anaerobic (heavy weightlifting)**



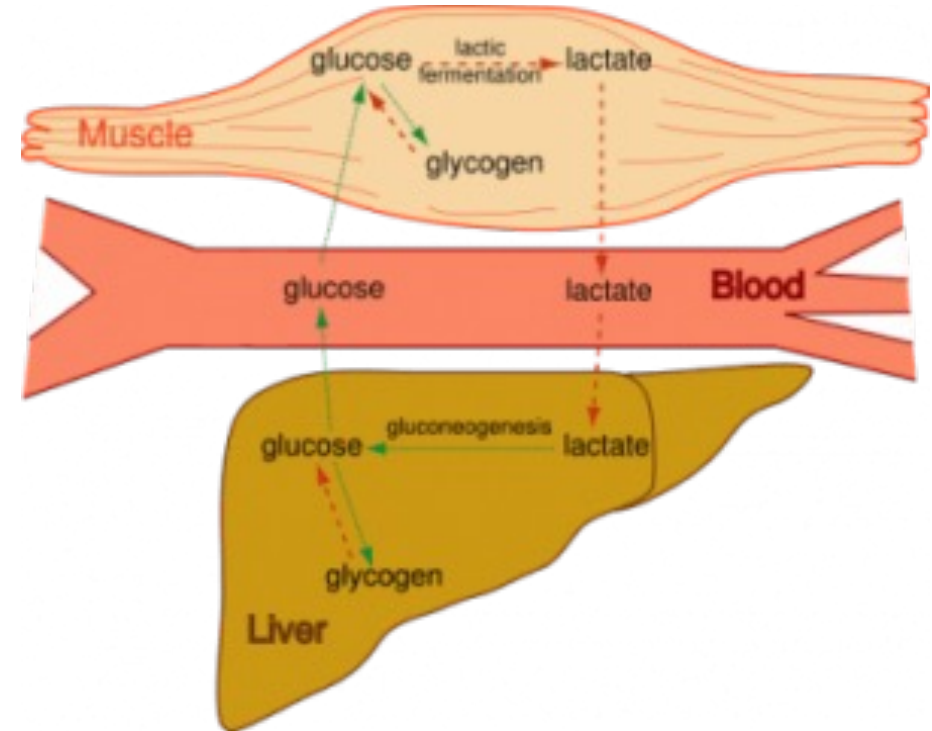
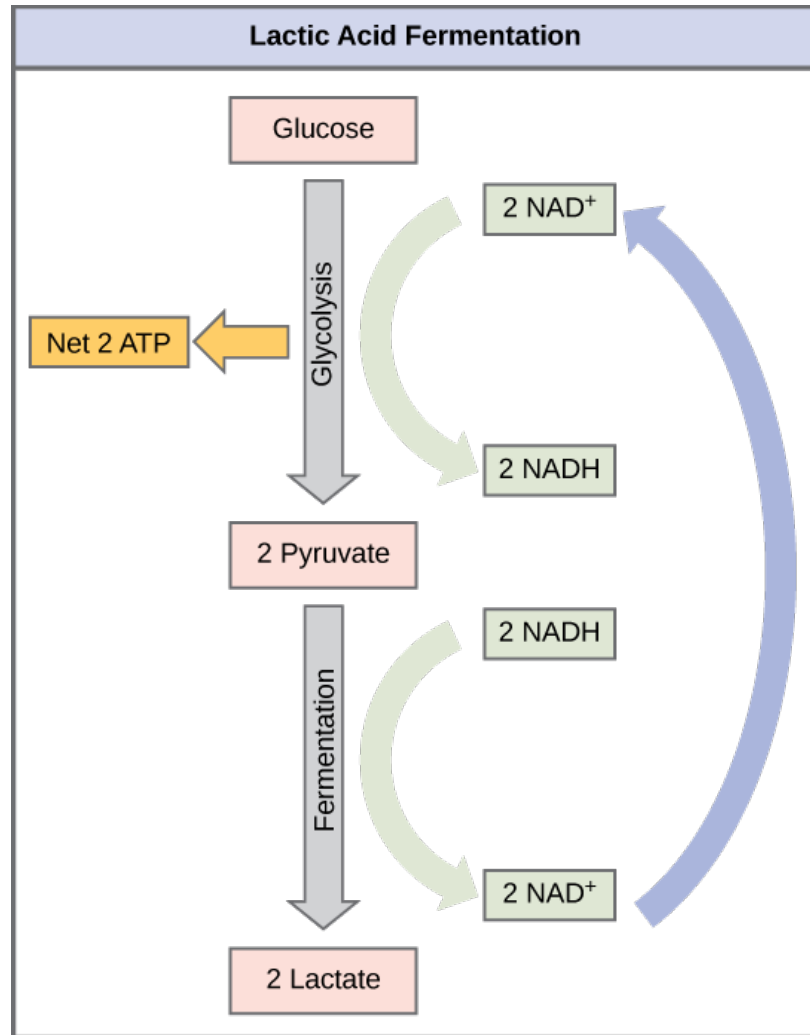


# Pc + ATP

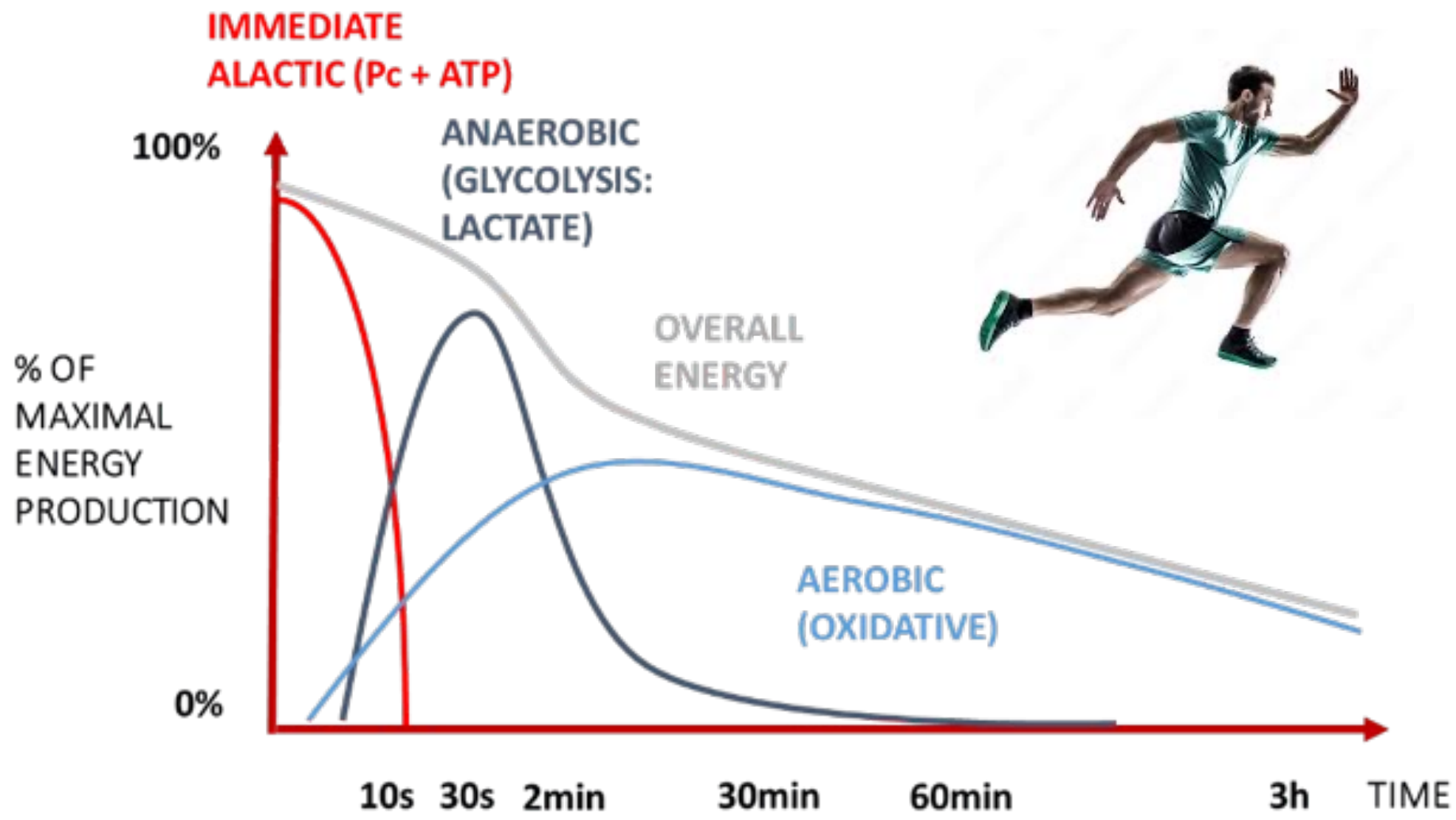




# Anaerobic: lactic fermentation



- 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

