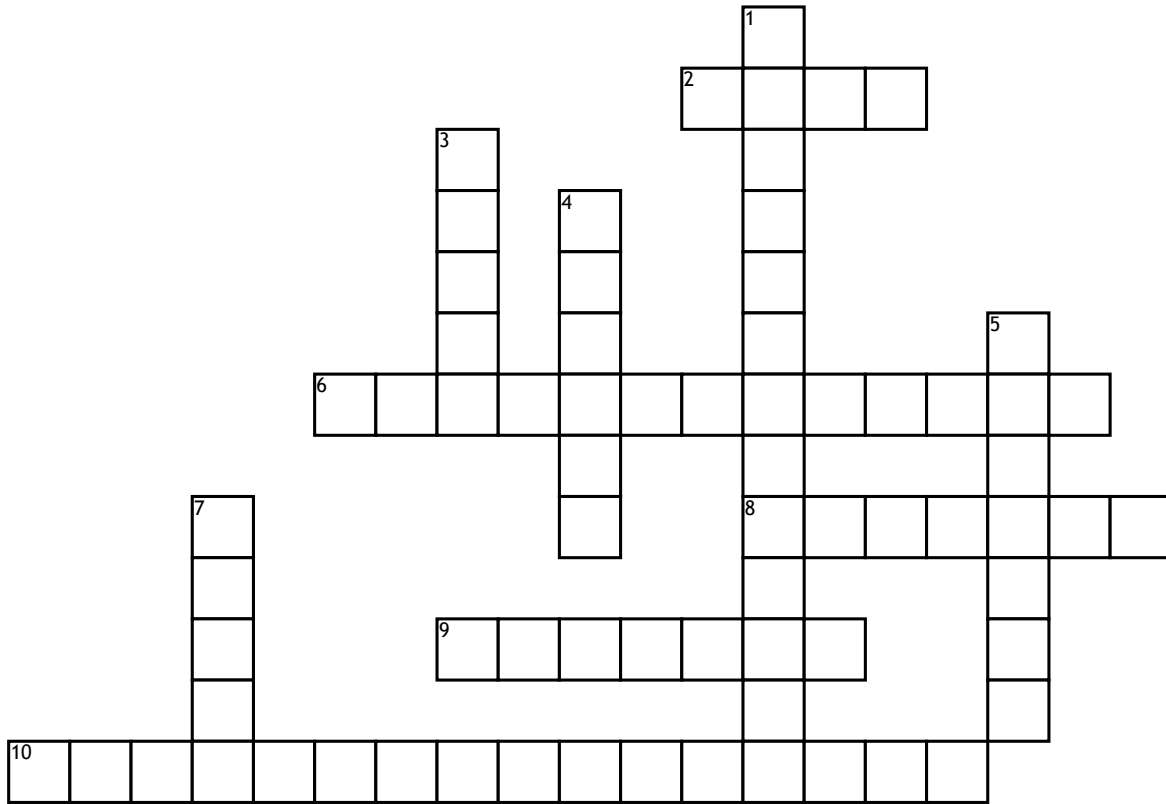


Aerobic Energy System



Across

2. Food source which gives us the most energy when oxidised
6. Which food source do we breakdown in the aerobic energy system
8. How many seconds does the aerobic system last for (minimum)
9. Making energy with Oxygen
10. What causes the aerobic system to fatigue

Down

1. Another byproduct of the aerobic energy system is _____
3. one byproduct of the aerobic energy system is _____
4. Rate of aerobic energy recovery
5. Which energy system gives us the most ATP
7. Which energy system do we use first