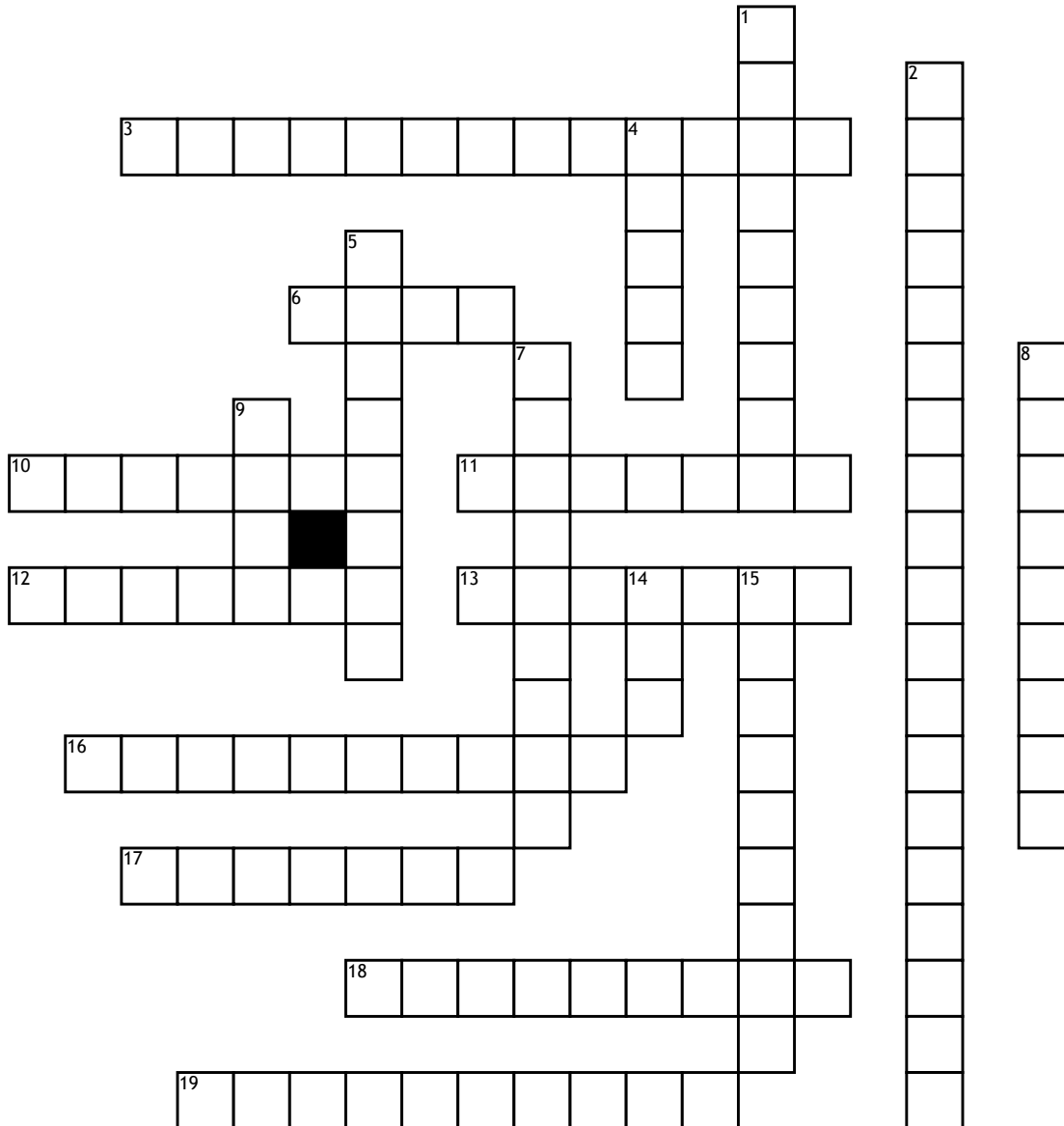


Energy Systems



Across

- 3. which food source do we break down in the second energy system?
- 6. Food source that give us the most energy when oxidised
- 10. When is the lactic acid used in touch?
- 11. _____ training can be used to train to improve your aerobic system.
- 12. We use the ATP-PC system starts to _____ between ten to fifteen seconds

- 13. which major food source does not give us a significant amount of energy?
- 16. The break down of glucose
- 17. Making energy with oxygen
- 18. The P in ATP stands for
- 19. What is the unwanted by-product of anaerobic glycolysis?

Down

- 1. The A in ATP stands for
- 2. What is the proper name for the lactic acid system
- 4. Which energy system do we use first?

- 5. Hitting the wall means that your muscles are _____.
- 7. Making energy without oxygen
- 8. ATP is turned into ADP when a _____ is lost.
- 9. The First T in FITT stands for _____
- 14. The T in ATP stands for _____
- 15. The I in FITT stands for _____