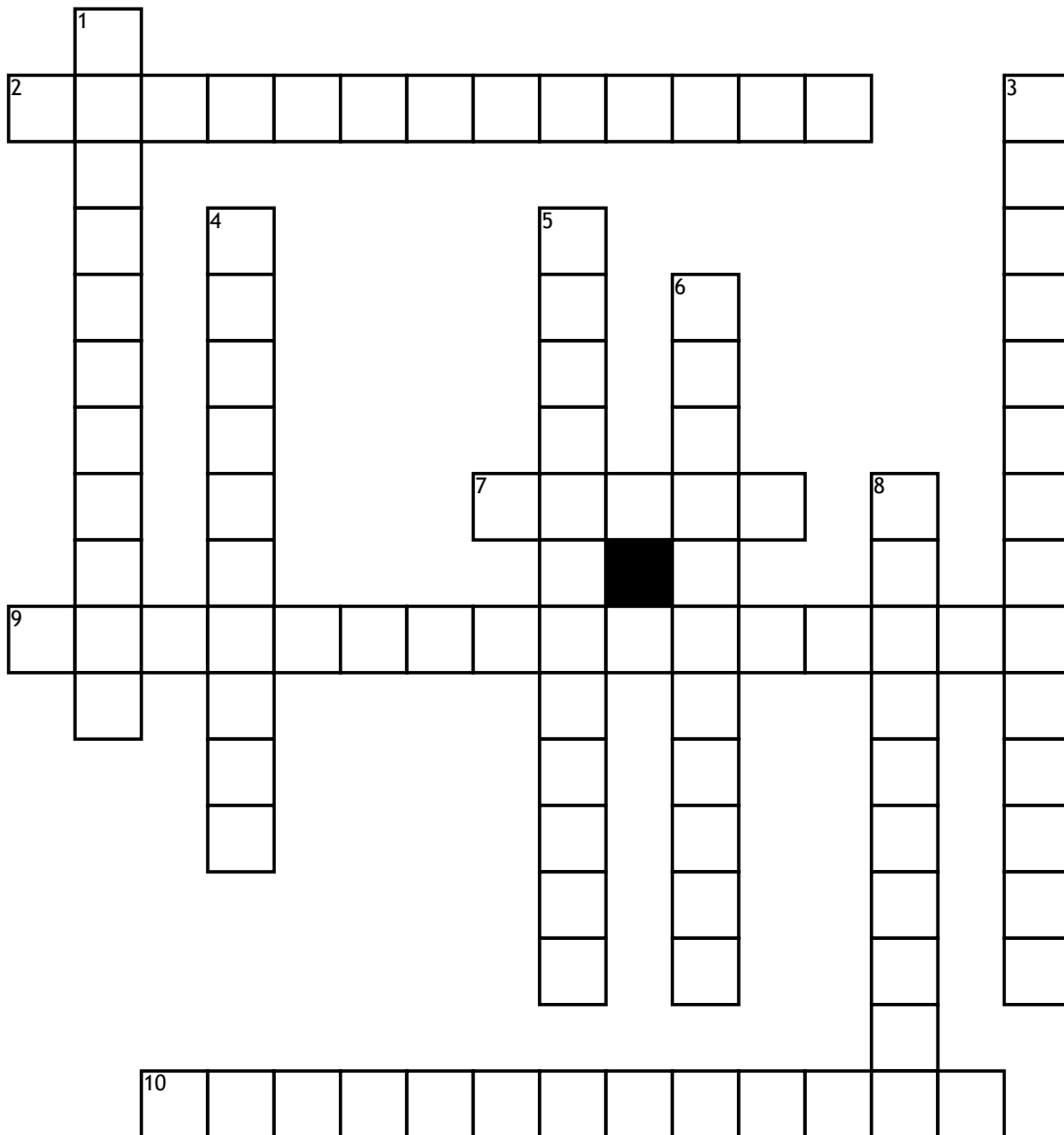


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# The Energy Systems



## Across

- 2. The second phase of the Aerobic System
- 7. The system that responds immediately
- 9. A marathon runner is provided energy by this system.
- 10. The b-product of the Krebs Cycle

## Down

- 1. The number of ATP created by the Aerobic System.
- 3. Where the glycogen is stored.
- 4. The name of the lactate system's bi-product
- 5. The recovery time for the lactate system
- 6. The 100m sprint is provided energy by the.....
- 8. Pyruvic acid is converted into this.