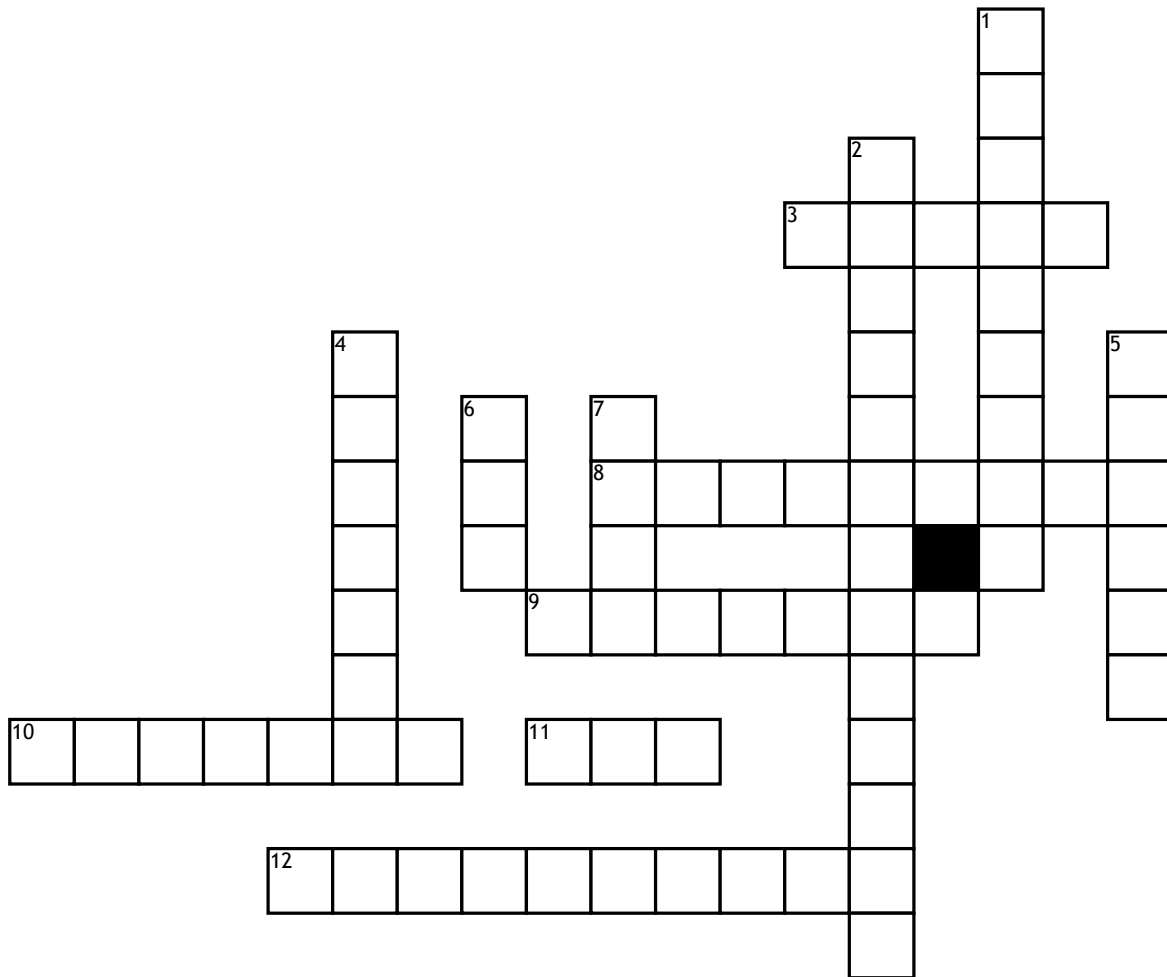


Name: \_\_\_\_\_

# Aerobic and Anaerobic



## Across

- 3. Waste product of aerobic respiration.
- 8. How hard you are exercising.
- 9. 60%-80% of maximum heart rate.
- 10. Where aerobic and anaerobic respiration take place.

11. 220-age.

12. Waste product of anaerobic respiration.

## Down

- 1. 80%-90% of maximum heart rate
- 2. Waste product of aerobic respiration.

- 4. Stored in the muscles, when broken down creates energy.
- 5. Used to break down glucose in aerobic respiration.
- 6. Heart Rate before exercise.
- 7. How long you have been exercising.