

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

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

# Energy Systems

G L Y C O G E N M O L E C U L E N  
K A N A E R O B I C N F F N M V O  
S I S R B J E S S I C A U G V T G  
A E R O B I C B B X B B F R U T A  
S A K P H O S P H A G E N E C M B  
V S L A C T I C A C I D K H A B U  
V P E N Q A G F V Q E X I S L H M  
F P Y R U V I C A C I D K Q A M B  
E W R A D E N O S I N E N Y C R L  
Z G P F Z Y R M I Y F V F Q T K E  
S U P E R M A N A C L J F E A G B  
P A I M A A D Y P Y A R W V T A E  
N T D F A X J Y O E S X X X E D E  
R P K V O Z O X P H H Y U M C P D  
H L P Q G D B H A N D Y H E N R Y  
K R K J X O X Y G E N W A J Q T C  
C R E A T I N E P H O S P H A T E

Creatine Phosphate  
Handy Henry  
Bumblebee  
Superman  
Lactate  
Ruta

Glycogen Molecule  
Lactic Acid  
Adenosine  
Jessica  
Oxygen  
ADP

Pyruvic Acid  
Phosphagen  
Anaerobic  
Aerobic  
Flash  
ATP