

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

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

# Energy Systems

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

Anaerobic Threshold  
Heart Rate  
Endurance  
Depleted  
Minutes  
Sprints  
Oxygen

Phospho-creatine  
Explosive  
Anaerobic  
Recover  
Maximal  
Aerobic  
ATP-PC

Lactic Acid  
Replenish  
Glycogen  
Muscles  
Systems  
Energy  
Rest

Glycolysis  
Reactions  
Duration  
Seconds  
Passive  
Active