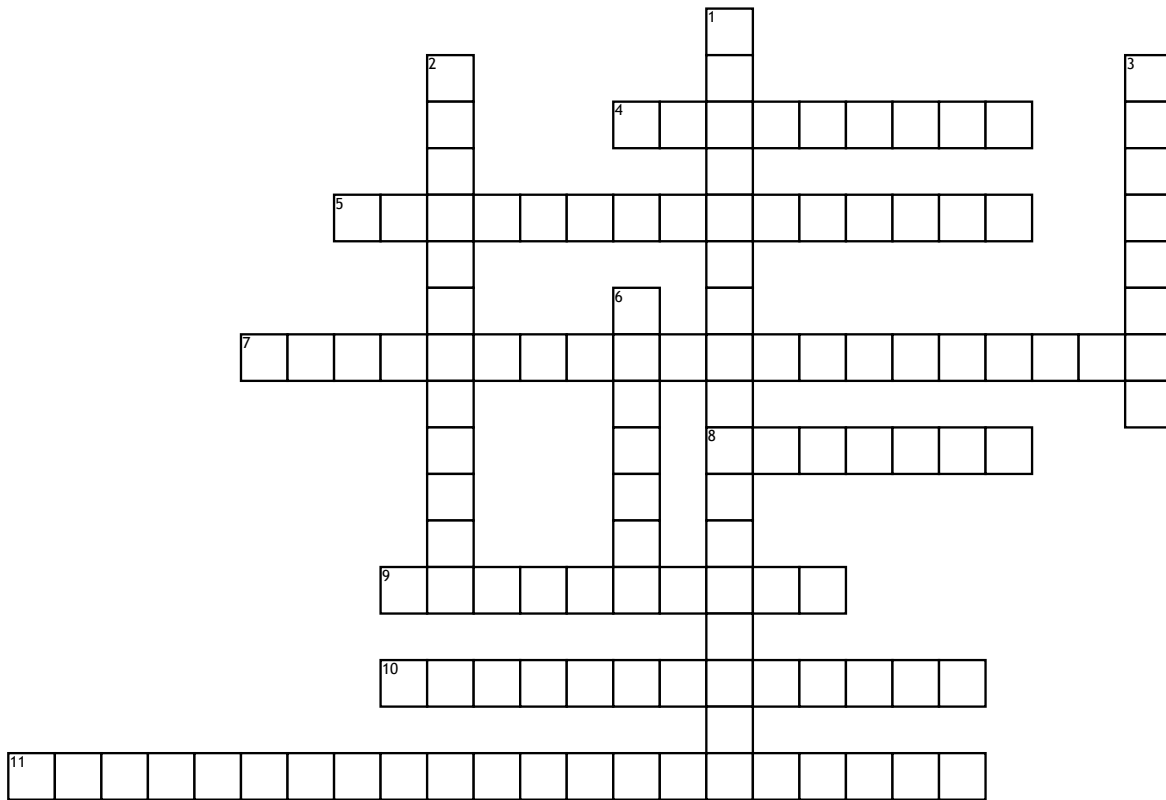


Name: _____

Date: _____

Energy Systems



Across

- 4. Exercise without the presence of oxygen
- 5. What provides instant energy
- 7. What resynthesises the broken phosphate molecule in ATP
- 8. Simple sugars
- 9. What builds up from the aerobic system
- 10. Long term energy system

11. The energy systems base

Down

- 1. Transforms glucose to lactate
- 2. What cell breaks down food into energy
- 3. Energy storage unit
- 6. Exercise with the presence of oxygen