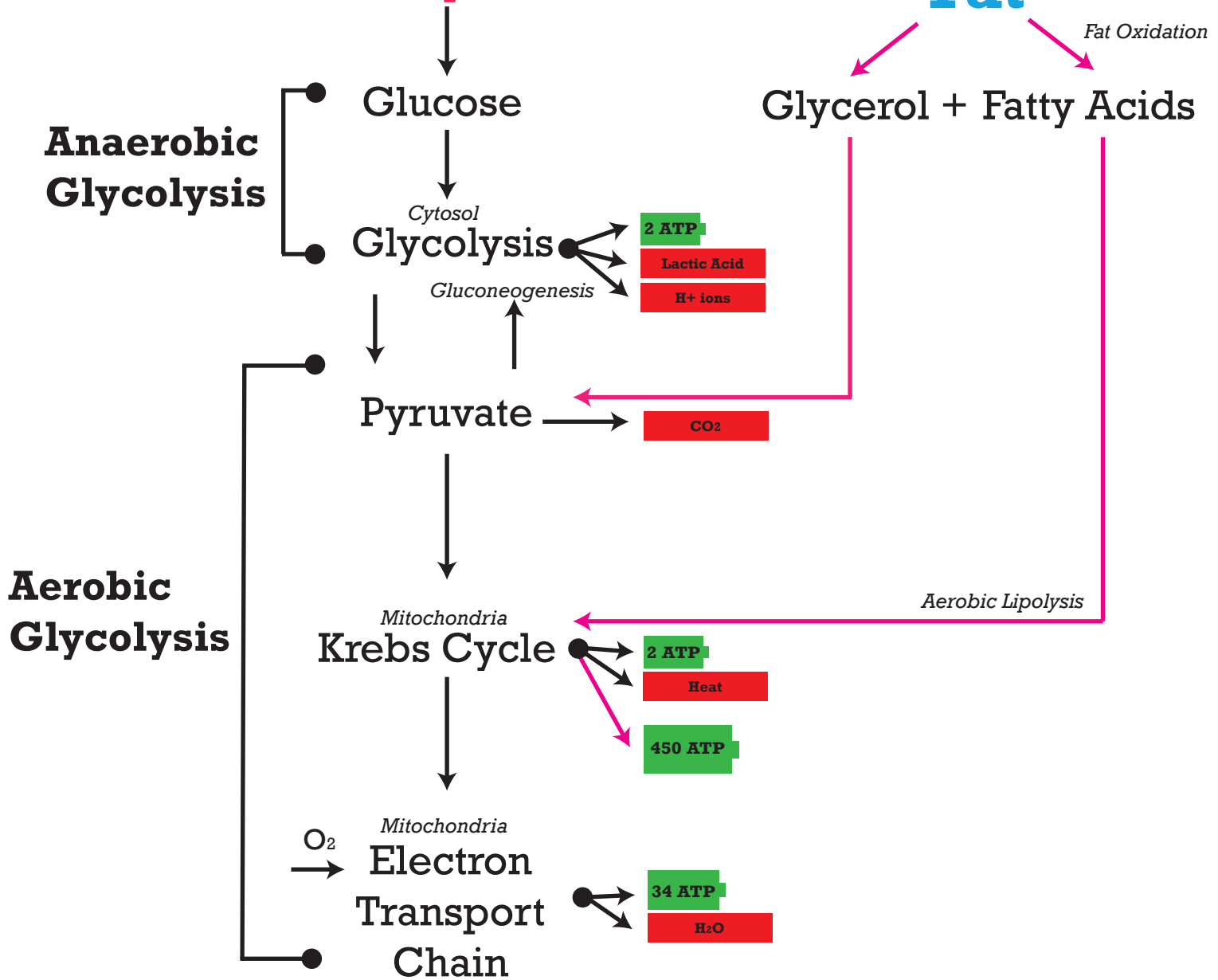


Cellular Respiration

Carbohydrates

Fat



Aerobic Glycolysis - Complete oxidation **36 ATP**

Aerobic Lipolysis - Complete oxidation **450 ATP**

Anaerobic Glycolysis - Incomplete oxidation **2 ATP**

Carbohydrates

low yield, fast rate
100g glycogen in liver
400g glycogen in muscles

Fats

high yield, slow rate
80-90,000 cal stored in the body