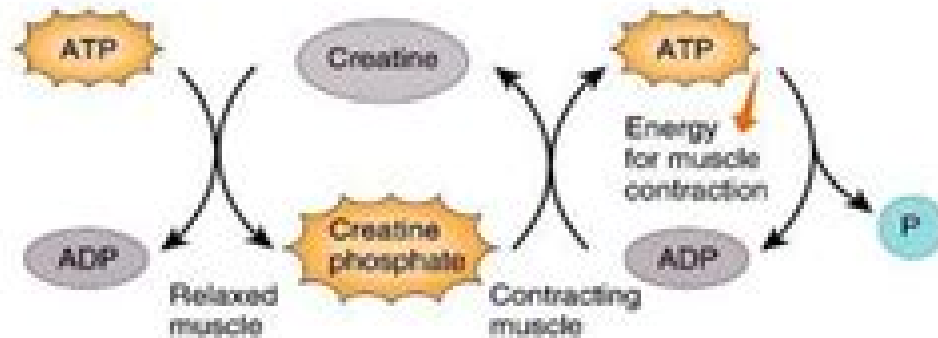
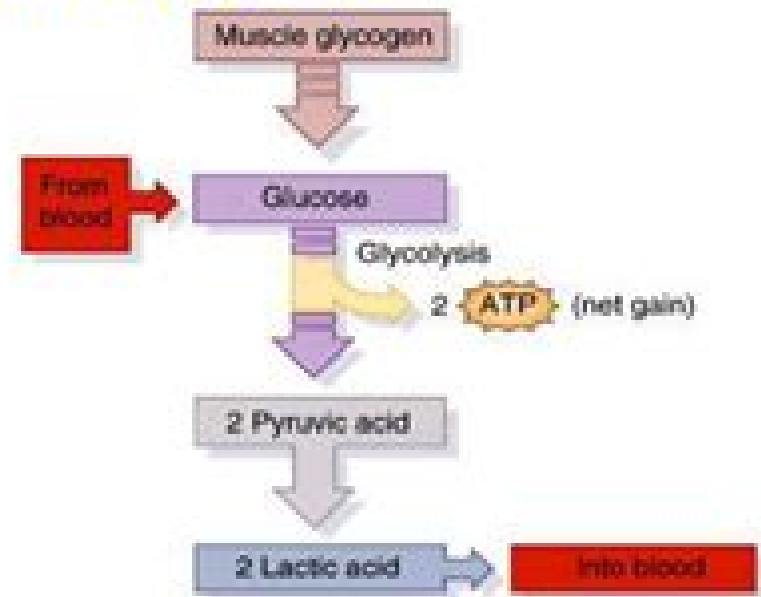


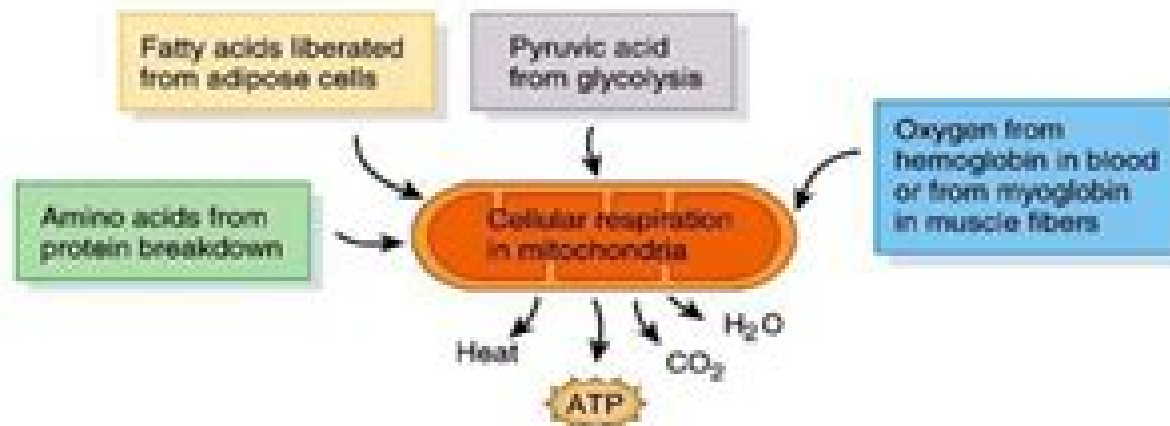
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(a) ATP from creatine phosphate



(b) ATP from anaerobic glycolysis



(c) ATP from aerobic cellular respiration

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Skeletal Muscle Metabolism in Exercise and Diabetes Erik A. Richter, Bente Kiens, Henrik Galbo, Bengt Saltin, 1998-08-31 *Principles of Exercise Biochemistry* J. R. Poortmans, 2004 This unique volume provides a comprehensive review of the biochemistry of exercise Written by internationally renowned experts the publication has been completely revised and updated The present edition follows the new concepts of applied biochemistry which have emerged recently in the scientific literature Genomics proteomics and metabolomics are nowadays common terms used to the elucidation of gene function expression of proteins and comprehensive analysis of all the metabolites in a tissue The major steps of biochemistry are considered in active survey in this new 3rd edition of an already acclaimed publication The book is a valuable source for all exercise biochemists and physiologists sports physicians graduate students in physical education and physical therapy and postgraduate research fellows **Biomedical Index to PHS-supported Research**, 1988

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the increased level of lactate due to exercise could be made to fall faster if mild exercise was employed by the subjects in place of sedentary recovery The work of Margaria Edwards and Dill 40 appeared in 1933 They observed that exercise treadmill running could be carried on at low levels without significant changes in resting levels of blood lactate **The Journal of Biological Chemistry** ,1928 Vols 3 include the society s Proceedings 1907 **The Comparative Physiology of Muscular Tissue** Arthur David Ritchie,1928

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