**Aerobic Energy System**

1. Outline the features of the Aerobic energy system?
2. What becomes available to the muscles to allow for ATP production in the aerobic system?
3. What is Aerobic Glycolysis and identify its by-product?
4. Name the (3) fuels that can be used by this energy system
5. Why is fat not the preferred source of fuel during activities of medium to high intensities?
6. What does the term ‘Hitting the Wall’ mean?
7. Under what conditions does the body use Protein to synthesis ATP