**Energy Systems Overview**

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|  | **ATP PC** | **Lactic Acid** | **Aerobic** |
| **Source of fuel** |  |  |  |
| **Efficiency of ATP production** |  |  |  |
| **Duration that the system can operate** |  |  |  |
| **Cause of fatigue** |  |  |  |
| **By products of energy production** |  |  |  |
| **Process and rate of recovery** |  |  |  |

Energy Systems