

AEROBIC VS. ANAEROBIC TRAINING

Aerobic Activity

TYPES OF **AEROBIC** EXERCISE INCLUDE:

Cardio machines, spinning, running, swimming, walking, hiking, aerobic classes, dancing, cross country skiing, kickboxing and more!

REQUIRES THE PRESENCE OF OXYGEN

PRIMARILY WORKS TYPE I MUSCLE FIBERS

INCREASES MUSCLE ENDURANCE AND CAPILLARY SIZE

HEART MUSCLE TO PUMP BLOOD MORE EFFICIENTLY

SUSTAIN FOR AN EXTENDED PERIOD OF TIME

HEART RATE BETWEEN 120-150 BPM

Anaerobic Activity

TYPES OF **ANAEROBIC** EXERCISE INCLUDE:

Heavy weight-lifting, sprints (running, biking, etc.), jumping rope, hill climbing, interval training, isometrics

DOES NOT REQUIRE THE PRESENCE OF OXYGEN

IT WORKS THE TYPE II MUSCLE FIBERS, WHICH LEADS TO GREATER SIZE AND STRENGTH OF MUSCLES

YOU EXERCISE UNTIL YOU GAS OUT

OXYGEN BUILDS UP, LACTIC ACID BUILDS UP, AND YOU START TO FEEL THE BURN

YOU CAN'T SUSTAIN THIS TYPE OF ACTIVITY FOR EXTENDED TIME