

AEROBIC **VS.** ANAEROBIC

How Do Workouts Change the Body?

Changes Triggered by Aerobic Exercise

- Increased aerobic capacity in muscles
- Greater mitochondrial density
- Increases in myoglobin
- More slow twitch muscle fibers
- Conversion of Type Ix to Type Ia muscle fibers
- Increased fat metabolism enzymes

Benefits of Aerobic Workouts

- Greater fat burn
- Increased aerobic ability and cardiovascular fitness
- Improved endurance
- Improved recovery after workouts

Changes Triggered by Anaerobic Exercise

- Greater quantity and increased size of fast twitch muscle fibers
- Improved tolerance to lactic acid buildup
- Increased levels of ATP, CP, and creatine in muscles
- More enzymes for glycolysis
- Increased levels of growth hormone and testosterone

Benefits of Anaerobic Workouts

- Increased muscle power and strength
- Increased muscle hypertrophy
- Maximized short-term energy availability in muscles
- Improved muscle endurance

