

Oxidative System

Key:

- A = Adenosine
- Pi = Phosphate Ion
- ATP = Adenosine Tri Phosphate
- ADP = Adenosine Di Phosphate
- AMP = Adenosine Mono Phosphate
- CP = Creatine Phosphate
- Glucose = Sugar
- Pyruvate = Broken down sugar
- Lactic Acid = Hydrogen = Lactate
- Cytoplasm = Cellular Fluid
- Mitochondria = Cellular powerhouse that creates ATP

