Links from Notes Section:

Metabolism

<https://kidshealth.org/en/parents/metabolism.html?ref=search>

Krebs’s cycle

<https://biochemistry3rst.wordpress.com/tag/krebs-cycle/>

Energy systems

<https://www.ideafit.com/fitness-library/the-three-metabolic-energy-systems>

ATP-pc System

<http://www.ptdirect.com/training-design/anatomy-and-physiology/the-atp-pc-system>

The Glycolytic System

<https://i.pinimg.com/originals/2e/65/11/2e6511146ab8eeedac0674bb51847126.jpg>

Anaerobic Glycolysis and Fatty Acid Oxidation

<https://www.khanacademy.org/science/biology/cellular-respiration-and-fermentation/overview-of-cellular-respiration-steps/v/overview-of-cellular-respiration>

The Citric Acid Cycle and Electron Transport Chain

<https://www.researchgate.net/figure/Bioenergetics-of-the-electron-transport-chain-and-the-TCA-Kerbs-cycle-Pyruvate-is_fig1_233737352>

Summary of Energy Systems

<https://mur0016sportscience.weebly.com/energy-systems.html>

Absolute Fat vs Relative Fat

<http://www.builtlean.com/2013/04/01/fat-burning-zone-myth/>

EPOC

<http://en.wikipedia.org/wiki/Excess_post-exercise_oxygen_consumption>

<https://www.youtube.com/watch?v=SLgNRg3mh6s>

Cardio Respiratory Concepts

<http://en.wikipedia.org/wiki/Cardiorespiratory_fitness>

Respiratory System

<https://www.lung.ca/lung-health/lung-info/respiratory-system>

VO2 Max

<http://sportsmedicine.about.com/od/anatomyandphysiology/a/VO2_max.htm>

Asthma

<https://www.youtube.com/watch?v=4aK76DoxKGk>

<https://asthma.ca/what-is-asthma/>

Cardiovascular System

<https://www.innerbody.com/image/cardov.html#full-description>

Blood Flow video

<https://www.youtube.com/watch?v=T2iVqTckmPQ>

Blood Pressure

<https://www.youtube.com/watch?v=qWti317qb_w>

Stoke Volume

<https://en.wikipedia.org/wiki/Stroke_volume>

Heart Rate Reserve

<https://support.polar.com/ca-en/support/faqs/Heart_Rate_Reserve_HRR>