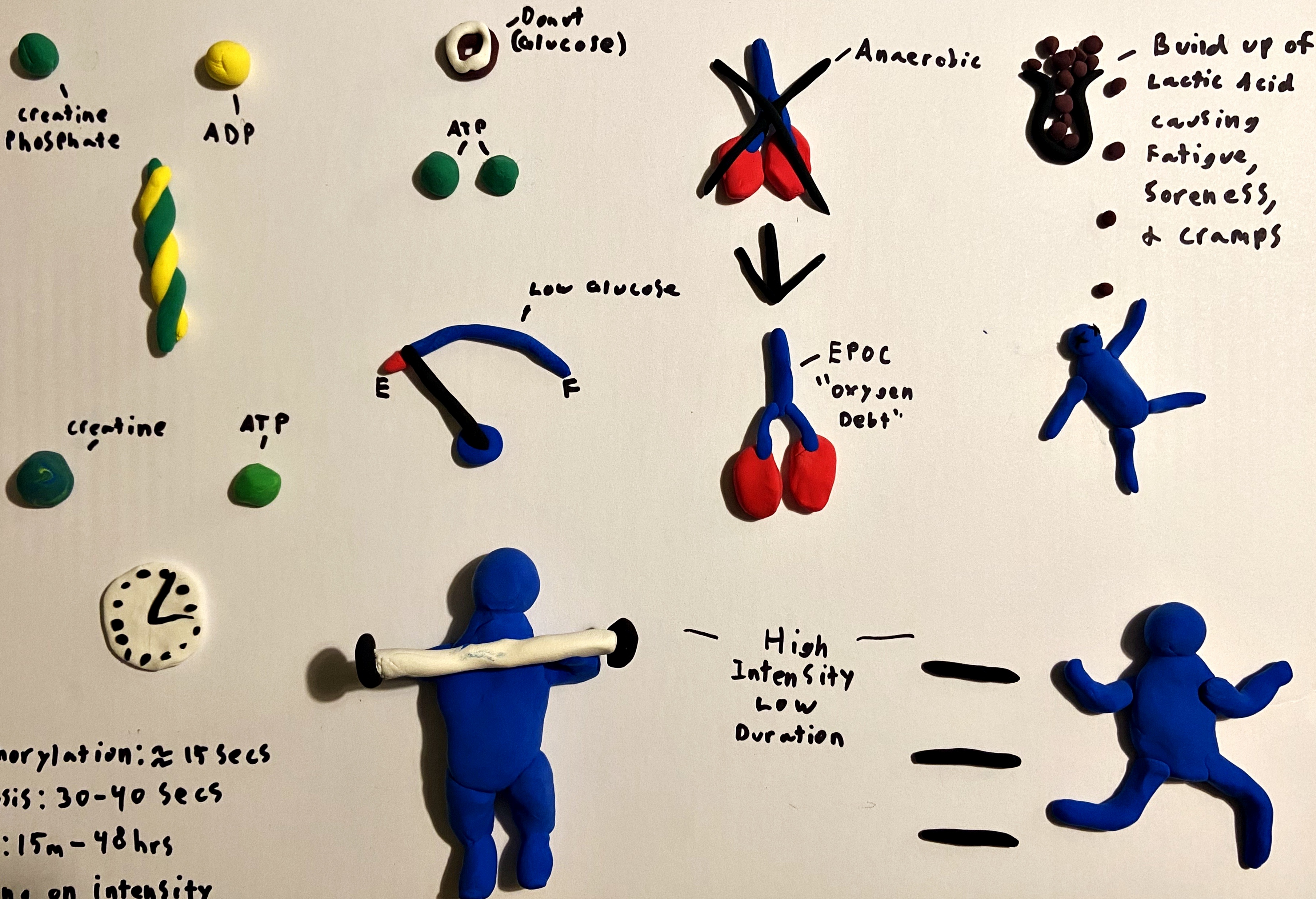


Anaerobic Metabolism



Phosphorylation: \approx 15 secs
 Glycolysis: 30-40 secs
 EPOC: 15m - 48 hrs
 depending on intensity