  **Feel The Burn!**

Directions: Count the number of times you can squeeze the binder clip open and closed in the span of 20 seconds. Record the number of squeezes in the table below for 10 trials at 20 seconds each.

**# of Squeezes**

|  |  |
| --- | --- |
| **Trial #** |  |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
| **6** |  |
| **7** |  |
| **8** |  |
| **9** |  |
| **10** |  |

**Questions**

1. How many times were you able to squeeze the binder clip?

* **after 5 trials**?
* **after 10 trials**?

1. Why do you think there was a difference in trials?
2. Which end product of fermentation caused the burning feeling in your muscles that were working hard?
3. During this exercise, your muscles generated ATP through which process?
4. Which would synthesize more energy, cells carrying aerobic cellular respiration or cells respiring anaerobically? Why?