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Anaerobic Training Mechanical forces
created while exercising are the main
stimulus for growth. Tissue adaptation is
related to the intensity of exercise.
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by consistently exercising by exceeding
the threshold of strain. CSCS Chapter 5:
Adaptations to Anaerobic Training
Programs Three major physiological
changes occur in response to anaerobic
training: \u2191 concentration of anaerobic
substrates (ATP, PCr, creatine, glycogen)
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Training: Metabolic Adaptations Effect on
Mitochondria. Similarly, endurance or
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specific to the aerobic
pathway. Metabolic Adaptations to
Anaerobic and Endurance Training From
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endocrine system, anaerobic training
can provide adaptations beneficial
for. Maximal exercise causes increases
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fibers. This shift improves the power and strength of muscles and also increases hypertrophy, or size. Better Lactic Acid Tolerance for Endurance

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Anaerobic adaptations: capacity to generate high levels of blood lactate during all-out exercise. increase. ... CV

Aerobic training adaptations. increase:- heart's mass and volume-left ventricular EDV-plasma volume-SV at rest and exercise-max CO-Max a-vO₂ difference during exercise

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Aerobic fitness, anaerobic fitness and muscular endurance training place larger demands on the lungs than any other types of training. Over time these demands result in adaptations to the respiratory system such as: Other training types such as hypertrophy training may also result in some minor adaptation occurring in the respiratory system.

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Similar Anaerobic and Aerobic Adaptations After 2 High ...

1. Muscle adapts to aerobic exercise training to become a more effective energy provider. An improved capacity for oxygen extraction from the blood supply and an altered cellular control of energy metabolism likely contribute to the improved muscle performance evident with training.

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Mechanical forces created while exercising are the main stimulus for growth. Tissue adaptation is related to the intensity of exercise. Connective tissue changes are simulated by consistently exercising by exceeding the threshold of strain.

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Increased anaerobic and aerobic enzymes

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Metabolic Adaptations to Anaerobic and Endurance Training

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