

Write down and explain what are the main similarities between aerobic and anaerobic respiration process.

## Similarities between Aerobic and Anaerobic Respiration

Anaerobic respiration in muscles. Glucose is not completely broken down, so much less energy is released than during **aerobic respiration**. There is a build-up of lactic acid in the muscles during vigorous exercise. The lactic acid needs to be oxidised to carbon dioxide and water later. Lets see 5 similarities between Aerobic and Anaerobic Respiration here.

1. Both of the processes releases energy
2. Both start with the breakdown of a nutrient (glucose)
3. Both yield by-products
4. Both take place in a cell
5. Both involve pyruvate (pyruvic acid)