

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)

Steady Run