**Anaerobic Fitness**= Sugar is the primary source of energy.

* Anaerobic fitness activities last for a **short** duration of **time**. They are **high intensity** exercises lasting anywhere from a few seconds up to around two minutes. After two minutes, the body's aerobic system kicks in.

* Great exercises for Anaerobic Fitness are: resistance training such as pushups, pull-ups, air squats, lunges, jumping, sprinting a short distance.
* **Anaerobic** exercise is fueled by energy stored in your muscles through a process called glycolysis. Glycolysis is a method in which glycogen is broken down into glucose, (glucose is also known as **sugar**) and is converted into energy.

 