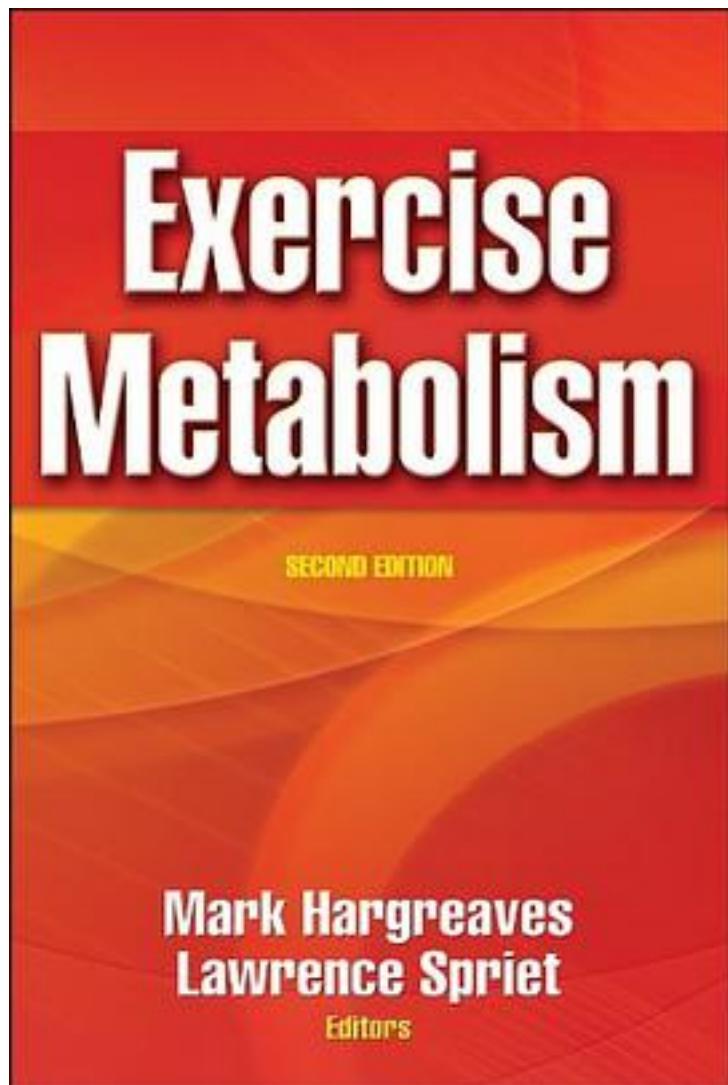


# Exercise Metabolism



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A reference for exercise physiologists and biochemists and a text for students in physiology, sport and exercise science and biochemistry. This book provides readers with information on the metabolic processes that take place during exercise. It takes an in-depth look at the mobilization and utilization of substrates-glucose, lipid, and protein - during physical activity. It also contains new information on high intensity exercise and the rest-exercise transition.

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