How Do Workouts Change the Body?

**Changes Triggered by Aerobic Exercise**
- Increased aerobic capacity in muscles
- Greater mitochondrial density
- Increases in myoglobin
- More slow twitch muscle fibers
- Conversion of Type IIx to Type IIa muscle fibers
- Increased fat metabolism enzymes

**Benefits of Aerobic Workouts**
- Greater fat burn
- Increased aerobic ability and cardiovascular fitness
- Improved endurance
- Improved recovery after workouts

**Changes Triggered by Anaerobic Exercise**
- Greater quantity and increased size of fast twitch muscle fibers
- Improved tolerance to lactic acid buildup
- Increased levels of ATP, CP, and creatine in muscles
- More enzymes for glycolysis
- Increased levels of growth hormone and testosterone

**Benefits of Anaerobic Workouts**
- Increased muscle power and strength
- Increased muscle hypertrophy
- Maximized short-term energy availability in muscles
- Improved muscle endurance