Respiration

Respiration is a ______ reaction which occurs in every ______ in your body. Glucose, a kind of sugar, reacts with oxygen to release ______. When we ______ (breathe in) we take in oxygen. The muscle below the ribcage called the ______ is pulled down and air fills the ______. It passes into tiny blood cells and is taken around the ______.

When we cycle we are taking aerobic ______. We use up the energy stored in our ______.