Respiration is a **chemical** reaction which occurs in every **cell** in your body. Glucose, a kind of sugar, reacts with oxygen to release **energy**. When we **inhale** (breathe in) we take in oxygen. The muscle below the ribcage called the **diaphragm** is pulled down and air fills the **lungs**. It passes into tiny blood cells and is taken around the **body**. When we cycle we are taking aerobic **exercise**. We use up the energy stored in our **muscles**.