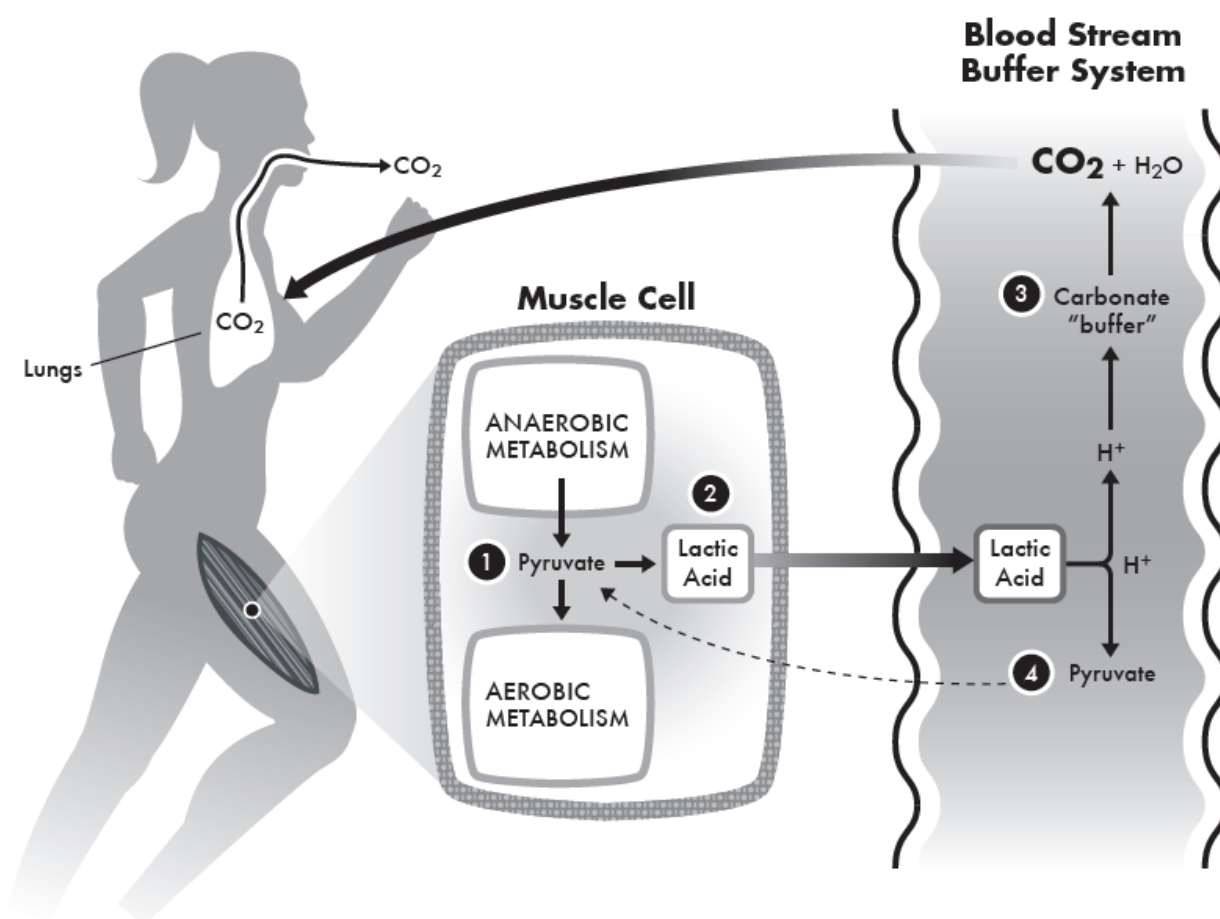


Fatigue and Burning

Without enough oxygen to supply to your muscles during anaerobic exercise, lactic acid will begin to accumulate and you will experience a burning sensation. The good news is that stepping the workout down a notch, or switching to an aerobic exercise while focusing on proper breathing techniques, will reverse this process. That's because your body gets rid of lactic acid by converting it into carbon dioxide, which then escapes out of your lungs.

Lactic acid and our blood stream "buffer"



Without enough oxygen to support aerobic metabolism, your anaerobic metabolism kicks into overdrive and lactic acid (2) is formed from pyruvate (1) to make more ATP for the higher energy demand. As it accumulates in your muscle, it can give a burning sensation. If you breathe steadily, rest, or return to a slower aerobic exercise, the body's buffer system (3) will remove hydrogen from lactic acid in the blood stream and recreate pyruvate (4) that can now participate in the aerobic metabolism. The hydrogen left over then joins the buffer system (3) which will combine to form water and carbon dioxide. Finally carbon dioxide is eliminated through the lungs.