**ACUTE CHANGES TO EXERCISE. CHAPTER 4 (A+ NOTES PAGES 87-90)**

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| http://resources3.news.com.au/images/2012/04/19/1226332/761907-usain-bolt.jpg  Usain Bolt start for the 200m sprint |
| http://resources3.news.com.au/images/2011/07/24/1226100/863175-110725-cadel-evans2.jpg  Cadel Evans climbing an Alpe in Le Tour de France |
| http://www.muscleandfitness.com/sites/muscleandfitness.com/files/styles/large/public/Bench%20Press%2010-22%20A_1.jpg  The bench press as part of a weights circuit |

**For the above three photos, identify one Acute change to the specific exercise for each of the cardiovascular, respiratory and muscular systems. Also discuss physiologically, how it improves/aides improved performance of the athlete.**

**Usain Bolt**

Cardiovascular

Respiratory

Muscular

**Cadel Evans**

Cardiovascular

Respiratory

Muscular

**Weight Trainer**

Cardiovascular

Respiratory

Muscular