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Links:

www.fitness19.com/aerobic-and-anaerobic-exercise-what-is-the-difference

[https://www.myfooddiary.com/resources/ask_the_expert/aerobic_vs_anaerobic.a
sp](https://www.myfooddiary.com/resources/ask_the_expert/aerobic_vs_anaerobic.asp)

www.livestrong.com › Sports and Fitness