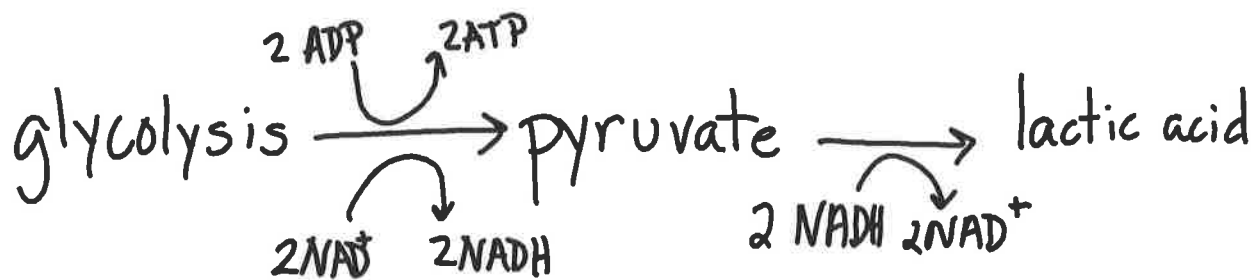
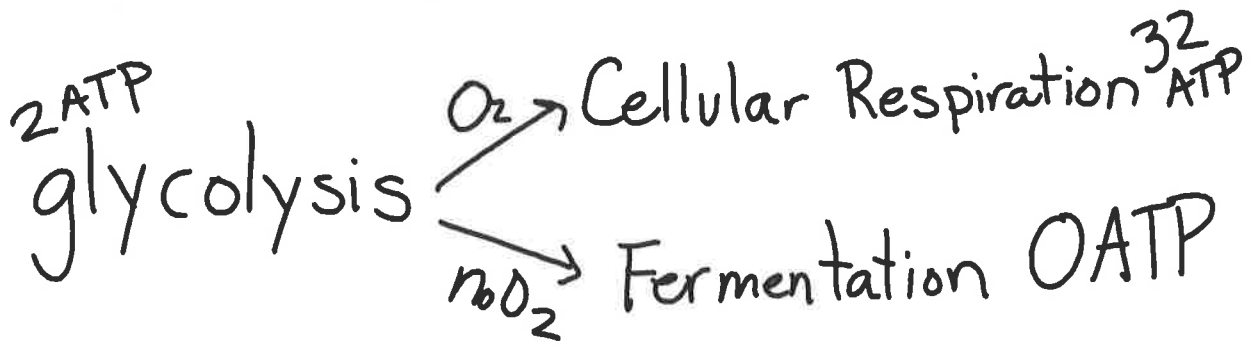


Fermentation - an anaerobic process that allows glycolysis to continue.



Lactic acid builds up in your muscles and that is why your muscles get sore after exercise.

