Aerobic Respiration: 4 Stages: Glucose →

1. **Glycolysis**
   - Glucose → 2 Pyruvate
   - ATP production

2. **Pyruvate oxidation**
   - Pyruvate → Acetyl-CoA
   - NADH production

3. **Krebs Cycle**
   - Acetyl-CoA → CO₂ + H₂O
   - FADH₂ and NADH production

4. **Electron Transport Chain**
   - Electron transport chain
   - ATP synthesis

**Anaerobic**

- Glycolysis
  - Glucose → 2 Pyruvate
  - ATP production
- Fermentation
  - Lactate or Ethanol production