

CRE : Chapter 3



Inside the Cardiorespiratory System

The Cardiorespiratory System

◆ **Function:**

- To provide every cell with a continuous supply of nutrients and oxygen and to remove carbon dioxide and other waste materials from the body.
- Heart (cardio)
- Lungs (respiratory)
- The Blood Vessels
 - ◆ Arteries
 - ◆ Capillaries
 - ◆ Veins

The Path of Blood Flow

Strength workouts increase circulation. The heart's right half pumps oxygen-poor blood to capillary beds in lungs. There, O_2 diffuses into blood and CO_2 diffuses out. The oxygenated blood flows into the heart's left half where it is then pumped to capillary beds throughout the body.

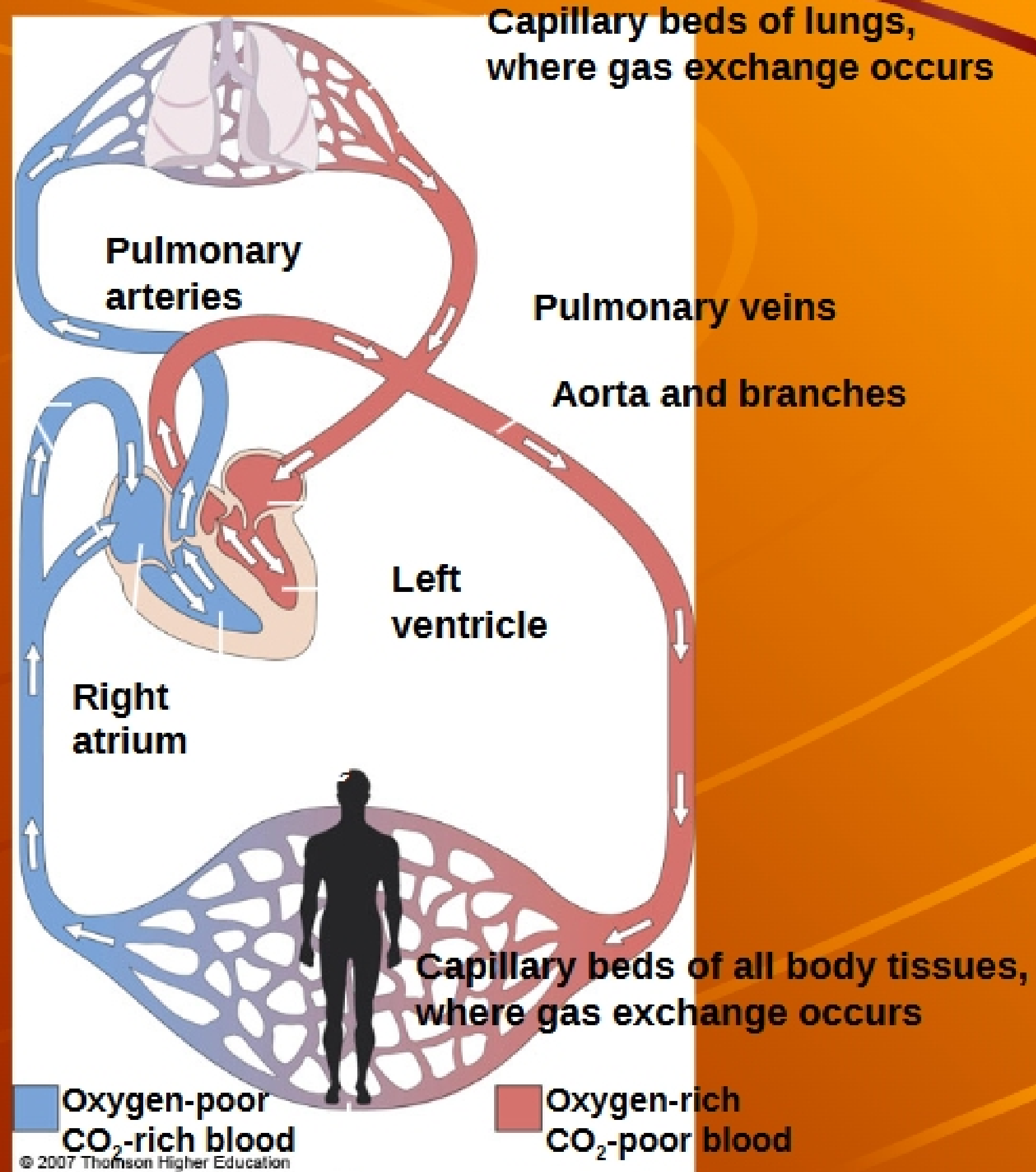


Fig. 4-2, p. 65