

Cycle	Where it takes place	What's broken down	Purpose	What are the products	Process
Glycolysis	Cytoplasm	Glucose	produce pyruvate	2 pyruvate 2 ATP 2 NADH	Substrate level phosphorylation
Kreb's Cycle (Citric Acid Cycle) (TCA)	Mitochondrial Matrix	2 Pyruvate to 2 acetyl CoA	reduce NAD ⁺ reduce FAD	6 NADH 2 ATP 2 FADH <i>Waste = CO₂</i>	Substrate level phosphorylation
Electron Transport Chain	Mitochondrial Cristae	NADH FADH	make ATP	34 ATP <i>H₂O</i>	Oxidative phosphorylation (chemiosmosis)