GLYCOLYSIS: 2 NADH $\longrightarrow$ 2 $FADH_2$ 2 ATP, 4 ATP $\longrightarrow$ 6 ATP

RESPIRATION:

PYRUVIC ACID $\longrightarrow$ ACETYL CoA: 1 NADH $\longrightarrow$ 3 ATP (x 2) $\longrightarrow$ 6 ATP

KREBS CYCLE: 3 NADH $\longrightarrow$ 1 ATP, 9 ATP (x 2) $\longrightarrow$ 24 ATP; 1 $FADH_2$ $\longrightarrow$ 2 ATP