

Lost Temple Fitness

Guideline for Type of Exercise. Remember to always warm up before exercising and cool down if needed. This is especially true with flexibility training.

Type	Page	Purpose / Benefit	Intensity / Frequency / Duration	Suggestions
Endurance / Aerobic <i>(How to Monitor Heart Rate (HR) Intensity page 2)</i>	147	<ul style="list-style-type: none"> *Improves blood flow *Increases stamina *Reduces fatigue *Boosts mood *Controls body weight 	<ul style="list-style-type: none"> *Low - Based on symptoms – can do walking everyday *Moderate 40-60% of HR * 3-5 days a week * 20-60 min. sessions 	<ul style="list-style-type: none"> *Start with walking if possible outside or on treadmill *Stationary bike if available, especially with neuropathy or balance issues *See balance (pg 119) for standing endurance exercises. *See strengthening exercises without resistance for general movements and Range of Motion (ROM)
Strength Lower <i>(Resistance information page 65)</i>	67	<ul style="list-style-type: none"> *Improves muscle and contractile strength *Improves bone, tendon & ligament strength *Improves nervous system function 	<ul style="list-style-type: none"> *Limited by Symptoms and Precautions *40-60% of 1 RM *2-3 days per week – Alternate days for UE/LE. *1-3 sets / 3-5 reps. Progress to 8-12 reps as tolerated 	<ul style="list-style-type: none"> <i>Please see pages 65 and 66 prior to starting</i> *It is important to follow a regiment designed by the oncology team during treatment due to risk of injury, especially after surgery. *Start by not using any weight and complete Range of Motion if you have never used resistance before. * Increase to light hand weights or resistance bands as tolerated. *During treatment it is better to do high reps with light weights instead of trying to ‘bulk up’ with heavy weights. Your body needs to heal and should not be focused on repairing a torn muscle.
Strength – Upper <i>(Resistance information page 101)</i>	88	<ul style="list-style-type: none"> *Improves function for ADLs (Activity Daily Living) 		
Strength – Core	45	<ul style="list-style-type: none"> *Strengthens trunk, which is your foundation *Maintaining a stable core will assist with balance 	<ul style="list-style-type: none"> *Limited by Symptoms and Precautions *2-3 days per week *1-3 sets / 3-5 reps. Progress to 8-10 reps as tolerated 	<ul style="list-style-type: none"> *It is important to follow a regiment designed by the oncology team during treatment due to risk of injury, especially after surgery. *It is important to follow progression listed on <i>page 45</i> and understand any precautions you may have. *Breathing correctly during abdominal or core exercises are very important. <i>See page 7.</i>
Flexibility / ROM	23	<ul style="list-style-type: none"> *Helps to maintain ROM *Increases flexibility / ROM after certain surgeries *Decreases stiffness & tension *Increases blood supply to joints *Increases neuromuscular coordination 	<ul style="list-style-type: none"> *20-30 second hold *5-7 days a week *2-4 reps per stretch 	<ul style="list-style-type: none"> *Always warm up before stretching a muscle – <i>see page 6 and 23.</i> *Dynamic stretching can be a part of your warm up or even be used in conjunction with your endurance exercises. *Try doing arm stretches while walking to increase intensity.
Balance <i>(Also see Core page 45, Lower Extremity Strengthening page 67 Agility page 145, Endurance page 147)</i>	119	<ul style="list-style-type: none"> *Decreases risk for falls *Helps improve gait pattern <i>*See Purpose for Endurance and Strength above)</i> 	<ul style="list-style-type: none"> *Limited by symptoms and standing tolerance *5-7 days a week *1 set / 2-4 reps 5- 10 second hold <i>*Can also be used in place of some Endurance and Strengthening Exercises</i> 	<ul style="list-style-type: none"> *Follow progression program for Balance *Can be used in place of some endurance and strengthening exercises if able to tolerate standing . *Must be able to stand to perform balance. *Sitting balance can strengthen the core. *Make sure you have a chair or sturdy object to hold or nearby in case of loss of balance. *Requires leg strength for progression.