

Ultimate Cancer Survivor's Workout:

Month One: Beginners Day One



BIRD DOGS – start on hands and knees, extend arm and opposite leg, hold for two seconds. Return to start and repeat on other side



SB BACK EXTENSIONS - Lower onto ball with belly button on top of the ball, raise head and shoulders off the ball to a position in line with the rest of the body.



PLANK REPEATS – Kneeling behind a stability ball and resting on your elbows, tighten your abs and raise up from your knees onto your toes.



BENCH HIP PRESS – Laying on a bench with your hips off and your feet firmly on the ground, lower your bum and then press it to the ceiling.



DB PULLOVERS – in the same position as the hip press, hold a dumbbell over your chest with both hands. Keeping the elbows straight, lower the weight over your head as far as comfortable.



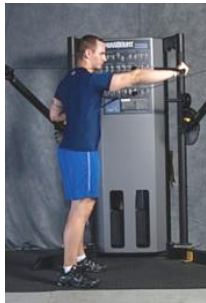
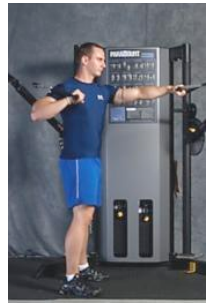
DB CHEST PRESS – laying on the bench, lower dumbbells to your armpits, and then press them back up to full extension

Ultimate Cancer Survivor's Workout:

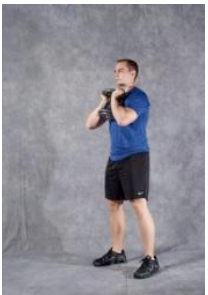
Month One Beginners Day Two



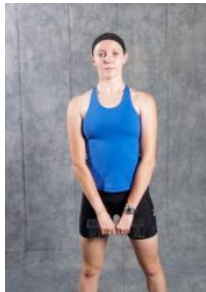
BB DEADLIFTS – using a light bar, begin by pressing your bum out behind you, hinging at the hips and lowering the bar to your knees. Press your hips forward to return to the start, and keep your back flat



CABLE PUSH PULL- standing between two cable columns, hold both handles and face into one of the columns. Hold your abs tight, and simultaneously press and pull both handles



DB FRONT SQUATS – Holding a dumbbell at your chest with both hands. Lower your bum towards your heels as far as comfortable, ensuring your heels stay on the floor. Keeping your back straight, drive through your heels and return to the start



DB HIGH PULLS – Using a light dumbbell, stand tall and pull your elbows up bringing the weight to your collarbone. Lower the weight slowly and without rolling your shoulders forward.



CAT CAMEL STRETCH – On hands and knees, raise your belly button as high as possible and hold for two seconds. Then lower your belly button as far as possible and hold



LEG RAISES – Laying on a bench, raise your legs up to vertical, and slowly lower down. To make it easier, bend your knees as much as needed

Ultimate Cancer Survivor's Workout:

Month Two: Intermediate Day One



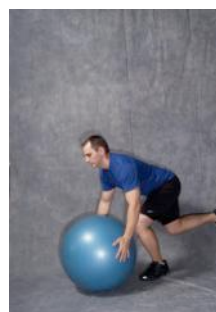
DB front squat – Holding the weight at your chest, lower through your hips and then knees, keeping your back straight as possible and avoiding leaning forward. Lower until your thighs are parallel to the ground, and return by driving through your heels



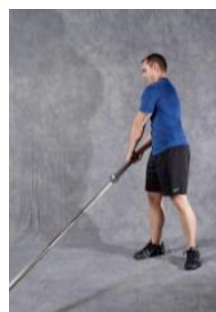
Bench plank knee tucks – With your hands on the floor and your feet on a bench or other elevated surface, raise one leg and bring the knee to your chest while avoiding any other body movement. Repeat on the other side



Bench 1-leg hip press – with your shoulders on the bench and feet on the floor, raise one leg, then lower your bum to the floor and press it to the ceiling, driving through your heel. Repeat on the other side



SB 1-foot squat & raise – standing on one foot holding a stability ball, lower the ball to the floor by hinging at the hip, then raise the ball over head while trying not to put your foot down.



Barbell rotations – standing as tall as possible, grab the barbell so that it is roughly at eye level with straight arms. Turn your hips and rotate your shoulders to bring the bar to the side of your leg, then keeping your abs tight, drive the bar back to the top with straight arms



Walking lunges – Take a longer than normal stride, and lower the back knee to the floor without touching it. To increase resistance, use a weighted barbell on your shoulders. If that is uncomfortable, hold onto 2 dumbbells

Ultimate Cancer Survivor's Workout:

Month Two: Intermediate Day Two



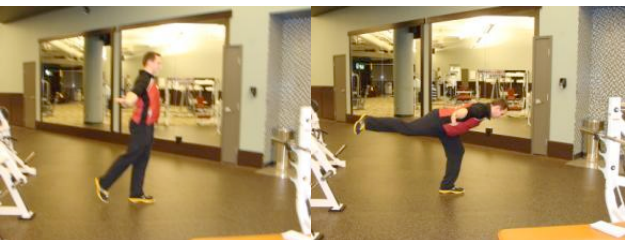
Split squat from deficit – using any elevated surface, standing tall lower your back knee towards the floor, and press back to standing. For more challenge, add a dumbbell held in the same position as the front squat on Day One



Cable 1-foot squat & row – Holding the cable in the opposite hand as the leg you're standing on, hinge from the hips and reach the cable towards the base, then pull from the hips to stand, and draw your arm back in a row at the top



Bench Pushups – If this movement is too easy on the bench, progress to performing it from the floor



1-foot front bend – Standing on one foot with a straight torso, hinge at the hips and lower your chest as far as possible without losing balance or rounding your spine. Hold your arms out to the side to maintain your balance



Ball Rotations – Laying on your back, hold a stability ball between your feet and rotate your hips to the side, holding your arms out to stabilize. To make this easier, perform the movement without the ball, and bend the knees



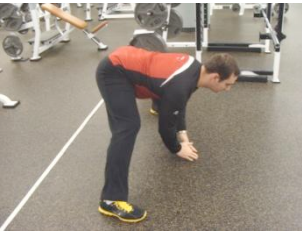
Ball knee tucks – hands on the floor and feet on the ball, roll the ball by pulling your knees into your chest. Ensure your shoulders stay over your hands.

Ultimate Cancer Survivor's Workout:

Month Three: Advanced Day One



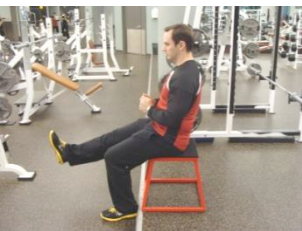
Deep Lunge & Rotate – Taking a long lunge stride, lower your hands and back knee down to the ground. Raise your outside hand (in pic, the right hand) until vertical. Repeat on opposite side



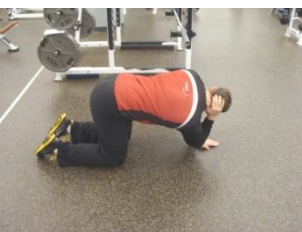
Wide stance walkouts – Holding your feet as wide as possible, bend from the hips until you can put your hands on the floor. Walk forward to stretch out as far as possible, then walk back, pushing into your hips, returning to standing



Kneeling Quad mobilizer – in a half kneeling position, use a support and grab your back heel. Pulse your hips forward and back while holding your heel to stretch your quads



Box Single leg squats – using an elevated surface, sit on the surface with one leg straight out and stand up onto the other leg, pressing through the heel. Return slowly and under control, trying not to fall onto the surface



Kneeling T-spine rotation – from hands and knees, place one hand behind your head, and rotate your elbow to your wrist, then vertically to stretch your mid and upper back.



Supine hip press and rotate – Laying on your back with bent knees, press your hips into the air, and reach over your shoulder with one arm, rotating your body in the process. Repeat on the other side

Ultimate Cancer Survivor's Workout:

Month Three: Advanced Day Two



Lateral Lunge – Take a large step out to the side and sit down towards your heel, making sure your other leg is staying as straight as possible. Return to standing



Sumo stance deadlifts – take a wider than normal stance while holding the bar slightly closer than shoulder width. Hinging at your hips, lower the bar along the front of your legs, bending your knees, maintaining a straight spine. Press the hips forward to stand up



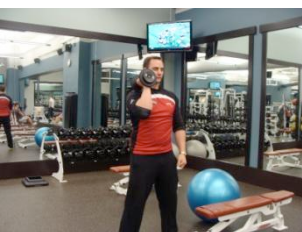
DB Bent over side raise – Bending from the hips, maintain a straight spine and bring the weights away from your body with straight elbows, up to the height of your shoulders or as far as comfortable



DB Floor press – Lying on your back with bent knees, press the dumbbells up, then lower until your elbows contact the ground



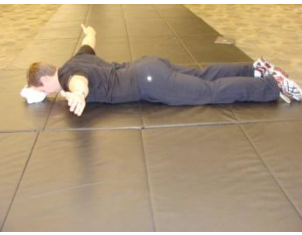
DB bench rows - Kneeling on a bench, place your hand on the bench to stabilize as shown, and raise the dumbbell by pulling your shoulder blade down and towards your opposite back pocket. Maintain a straight spine



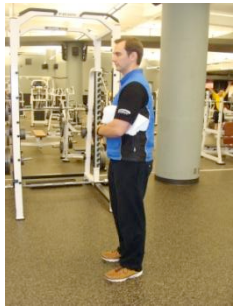
DB 1-arm shoulder squat – Holding a dumbbell at your shoulder, squat until your thighs are parallel to the floor and press through your heels to return to standing. Repeat on the other side

Ultimate Cancer Survivor's Workout:

Month Three: Advanced Day Three



Prone arm raises – Lying on your stomach, hold your arms straight out to the sides and raise them a few inches off the floor. Lower under control



Elastic external rotation – Use a towel under your elbow to make sure your elbow stays in place. Hold the elastic so it comes across your body as shown, and rotate on your elbow to pull the elastic working your rotator cuff



Lateral Lunge & Overhead Driver – Similar setup to lateral lunge, but with the addition of driving your arms overhead at the bottom of the lunge.



Cable lateral lunge & toe touch – Stand sideways to a cable column holding the cable with straight arms. Lunge to the side and twist to pull the cable to your outside toe.



BB Windshield wipers – On your back, hold a barbell like you're going to perform a bench press. Raise your legs, then rotate your hips side to side while maintaining the barbell position



DB 1-foot deadlift – standing on one foot and holding a dumbbell in the opposite hand, lower the weight and raise your opposite foot by hinging at the hips. Return to standing and resist putting your foot down until the end of the set.

Ultimate Cancer Survivor's Workout: Stretches



Posterior Shoulder



Groin



Side Lying Quad



Glute/Hip



Low Back Rotation



Lat Hang

How Exercise Can Help Beat CANCER

The Ultimate Training Guide for Cancer Survivors

www.BestCancerExercises.com



Beginners Day One Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
Bird Dogs	None				
SB Back Extensions	stability Ball, wall				
Plank Repeats	Floor or bench				
Bench Hip Press	Bench				
DB Pullovers	dumbell, bench				
DB Chest press	Dumbells, bench				
All exercises are performed with 8 reps per set to begin, progressing up to 15 reps as tolerable between sets is 30-60 seconds as required				Recovery	

Beginners Day Two Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
BB Deadlifts	Barbell				
Cable Push Pull	Cable columns				
DB Front squat	Dumbell				
DB High Pulls	Dumbell				
Cat Camel Stretch	None				
Leg raises	Bench				
All exercises are performed with 8 reps per set to begin, progressing up to 15 reps as tolerable between sets is 30-60 seconds as required				Recovery	

Involve some form of general cardiovascular conditioning on 2 other days during the week. Work at a heart rate of between 65-75% of your heart rate max, calculated by subtracting your age from 220, then multiplying the resulting number by 0.65 and 0.75 respectively. Begin with 15 minutes and progress to 30 minutes.

How Exercise Can Help Beat CANCER

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Intermediate Day One Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
DB Front Squat	Dumbbell				
Bench Plank Knee Tuck	Bench				
Bench 1-leg hip press	Bench				
SB 1-foot squat & Raise	Stability ball				
Barbell Rotations	barbell				
Walking Lunges	Light barbell or dumbbells				

All exercises are performed with 8 reps per set to begin, progressing up to 15 reps as tolerable
between sets is 30-60 seconds as required

Recovery

Intermediate Day Two Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
Split squat from deficit	elevated surface				
Cable 1-foot squat & Row	Cable column				
Bench Pushups	Bench				
1-foot front bend	None				
Ball rotations	stability ball or none				
Ball knee tucks	Stability ball				

All exercises are performed with 8 reps per set to begin, progressing up to 15 reps as tolerable
between sets is 30-60 seconds as required

Recovery

Involve some form of general cardiovascular conditioning on 2 other days during the week. Work at a heart rate of between 75-85% of your heart rate max, calculated by subtracting your age from 220, then multiplying the resulting number by 0.75 and 0.85 respectively. Begin with 20 minutes and progress to 40 minutes.

How Exercise Can Help Beat CANCER

The Ultimate Training Guide for Cancer Survivors

www.BestCancerExercises.com



Advanced Day One Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
Deep Lunge & Rotate	None				
Wide stance walkouts	None				
Kneeling Quad Mobilizer	None				
Box single leg squats	Box				
Kneeling T-spine rotation	None				
Supine hip press & Rotate	None				

All exercises are performed with 8 reps per set to begin, progressing up to 12 reps as tolerable between sets is 30-60 seconds as required

Recovery

Advanced Day Two Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
Lateral Lunges	None				
Sumo Stance deadlifts	Barbell				
DB bent over side raise	Dumbbells				
DB floor press	Dumbbell				
DB bench rows	Dumbbell, bench				
DB 1-arm shoulder squat	Dumbbell				

All exercises are performed with 8 reps per set to begin, progressing up to 12 reps as tolerable between sets is 30-60 seconds as required

Recovery

Advanced Day Three Workout Program

Exercise	Equipment Needed	Resistance	Set 1	Set 2	Set 3
Prone Arm Raises	None				
Elastic external rotation	elastic				
Lateral lunge & O/H Drive	None				
Cable lateral lunge & toe touch	Cable column				
BB windshield wipers	Barbell				
DB 1-foot deadlift	Dumbbell				

All exercises are performed with 8 reps per set to begin, progressing up to 12 reps as tolerable between sets is 30-60 seconds as required

Recovery