
PROACTIVE STRENGTH EXERCISES AND ACTIVITY LOGS

STRENGTH

INTRODUCTION

Recommendations for cancer patients are to include strengthening exercises 2x week for all major muscle groups in the upper body (shoulders, upper arms, back, chest) and in the lower body (hips, thighs, knees, and lower legs).

These exercises are starting points. They should be done in a slow, controlled manner. You will do 10-12 repetitions, which comprise 1 "set" or group of repetitions.

Level 1, for the core and legs to maintain your ability to do bed mobility and transfers.

Level 2, done while sitting, allows you to start on a stable surface, pay attention to your core muscles with these to promote a stable base for your arm and leg muscles to work from.

Level 3, done while standing with either body weight or resistance bands.

Level 4, a little more advanced, done while standing, improves standing tolerance and relates to daily activities.

Level 2 Exercises

[illegible]

Level 2 Strength Exercise #3: Chair Stands

Objective: This exercise strengthens your abdomen and thighs, making it easier to stand up.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on the floor, shoulder-width apart.
2. Cross your arms over your chest.
3. Slowly stand to a fully upright position.
4. Slowly sit back down.
5. Repeat 10x.

Easiest Version:

OK to use your hands to help push up from chair if you need to.

As you get stronger, try to use your hands less.

How to progress:

1. Transition into squats.

A. Forward View



B. Forward View



A. Side View



B. Side View



C. Side View



Level 2 Strength Exercise #4: Arm Curl with Resistance Bands or Dumbbells

Objective: This exercise strengthens your biceps and upper arms, making it easier to lift and carry groceries.

1. Begin in an armless, sturdy chair with your feet flat on the floor, shoulder-width apart.
2. Place with center of the resistance band under both feet. Hold each end of the band with palms facing forward. Or hold weights straight down at your side with palms facing forward.
3. Keep your elbows tucked at your sides.
4. Keep your wrists straight, as you bend your elbows and your hands towards your shoulders. Hold the position for 1 second.
5. Return to starting position.
6. Repeat 10x.

Easiest Version:

1. OK to do one arm at a time with less resistance on the band.
2. Repeat on the opposite side if you complete this exercise one arm at a time.

How to Progress:

1. Increase reps to 2-3 sets of 10. If able to do that, then you can progress to a heavier resistance band/weight and start with 1 set.

A.



B.



A.



B.



Level 2 Strength Exercise #5: Lateral Arm Raise

Objective: This exercise strengthens your shoulders, to maintain strength for lifting activities.

1. Sitting, feet flat on the floor.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Slowly raise both arms to the side, up to shoulder height. Hold the position for 1 second.
4. Slowly lower your arms back down to the starting position.
5. Repeat 10x.

Easiest Version:

1. OK to do one arm at a time with less resistance on the band.
2. Repeat on the opposite side if you complete this exercise one arm at a time.

How to progress:

1. Increase reps to 2-3 sets of 10. If able to do that, then you can progress to a heavier resistance band/weight, and start with 1 set.

A.



B.



A.



B.



Level 2 Strength Exercise #6: Seated Knee Extension

Objective: This exercise strengthens your quadriceps (thighs), helps improve your ability to walk and do stairs.

1. Begin seated in a sturdy chair, sitting up tall.
2. With your foot flexed, slowly extend one knee/leg in front of you as straight as possible (avoid locking your knee).
3. Hold one second, return to start position.
4. Do 10x and repeat on opposite leg.

How to progress:

1. Use ankle weights.

A.



B.



C.



Level 2 Strength Exercise #7: Front Arm Raise

Objective: This exercise strengthens your shoulders, to maintain strength for lifting activities.

1. Begin with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band/or weight with palms facing inward.
3. Raise both arms in front of you up to shoulder height. Hold the position for 1 second.
4. Slowly lower your arms back down to the starting position.
5. Repeat 10x.

Easiest Version:

1. Do while sitting.
2. OK to do one arm at a time with less resistance on the band.
3. Repeat on the opposite side if you complete this exercise one arm at a time.

How to progress:

1. Increase reps to 2-3 sets of 10. If able to do that, then you can progress to a heavier resistance band/weight and start with 1 set.

A.



B.



A.



B.



Strength		
Goal: 2-3 days per week		
Name:		Level:

Level:

Day:

Day:

Band
color# of
Sets

Reps

Band
color# of
Sets

Reps

Band
color

of
Sets

Reps

[illegible]