
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 3 Exercises	
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Week of:

Day:

Day:

Day:

Strength Activity

Band color	
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# of Sets	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

Reps

Band color

of Sets

Reps

Band color

[illegible]

Reps

#8 Wall Push-ups

#9 Triceps Extension

#10 Side Leg Lifts

#11 Calf Raises

Level 3 Strength Exercise #8: Wall Push-ups

Objective: This exercise strengthens your chest, arms and shoulders, to promote good posture and general upper body strength.

1. Face a wall, with your feet shoulder-width apart, standing a little further than arm's length from the wall. Lean your body forward, placing your palms flat against the wall at shoulder height, shoulder-width apart.
2. Bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Pause for one second.
3. Slowly push yourself back until your arms are straight. Do not lock your elbows.
4. Do 10x.

How to progress:

1. Move feet further back from the wall.
2. Move to the floor on your knees.
3. Move to the floor on your toes (traditional push-up).

A.



B.



Level 3 Strength Exercise #9: Triceps Extension

Objective: This exercise strengthens your triceps and upper arms, helping you to push up from chairs.

1. Stand with band over right shoulder. Place left hand on right shoulder to secure band.
2. Grip loose end of band with right hand, elbow tucked in at side.
3. Pull band back, straightening elbow. Hold one second.
4. Slowly return to start position.
5. Do 10x and repeat on opposite side.

Easiest Version:

1. Do this sitting in an armless chair.

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 and start with 1 set.

A.



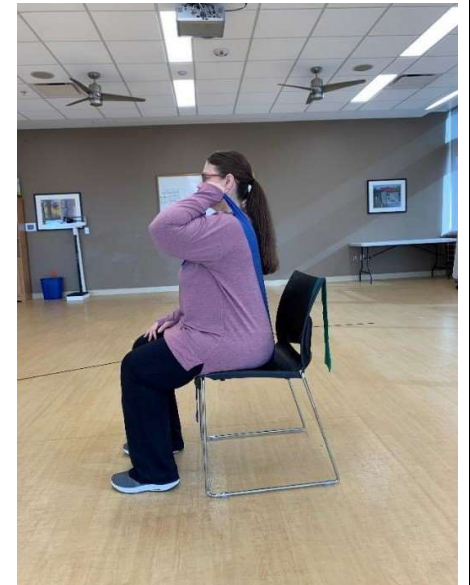
B.



A.



B.



Level 3 Strength Exercise #10: Side Leg Lifts

Objective: This exercise strengthens the muscles of the hip, as well as your thighs and buttocks to strengthen overall walking.

1. Stand behind a sturdy chair, with your feet slightly apart and toes facing forward.
2. Transfer your weight into your left leg, keeping a slightly bent knee, while flexing your right foot.
3. Slowly begin to lift your right leg out to the side. Hold for one second.
4. Slowly begin to lower your leg back down to the starting position.
5. Do 10x and repeat on opposite side.

How to progress:

1. Try adding resistance by using ankle weights.

If you've had a total hip replacement check with PT before adding weight.

A.



B.



Level 3 Strength Exercise #11: Calf Raises

Objective: This exercise strengthens your calves and ankles, to make it easier to walk and climb stairs.

1. Stand behind a sturdy chair with your feet shoulder- width apart and flat on the floor. **Hold onto the back of the chair if needed for balance.*
2. Slowly begin to stand on your tiptoes, lifting as high as possible.
3. Hold this position for one second.
4. Slowly lower your heels back down to the floor.

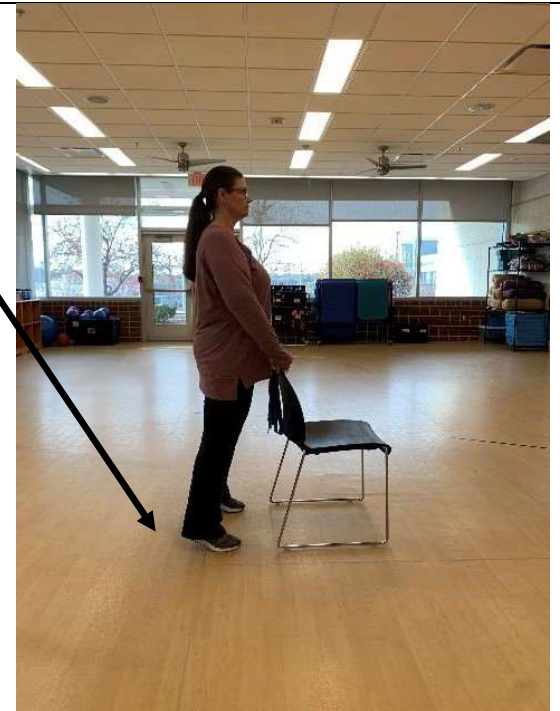
How to progress:

1. Try standing on one leg.
2. Work on your balance by holding onto the chair with just a finger or two.
3. Work on your balance by not holding onto the chair.

A. Starting position with feet flat and shoulder width apart



B. Lift your heels



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

Level:

Day:

Day:

Band
color

Reps

Band
color# of
Sets

Reps

Band
color

of
Sets

Reps

	X	X	X	O	O	O	X	X	X
	X	X	X	O	O	O	X	X	X
	X	X	X	O	O	O	X	X	X
	X	X	X	O	O	O	X	X	X
	X	X	X	O	O	O	X	X	X