On-going treatment weekly training program:

The program below is meant as a guide with suggested options during on-going chemo- or radiation-therapy. Depending on your tolerance to the medications you ability to work out and / or your desire may vary. Of course, with lowered immune function, always err on the side of caution and keep your workouts brief and enjoyable. In addition, since your immunity is compromised workouts are designed for home use rather than at a gym. Exercise will aid your recovery process both physically and emotionally. Once you cease treatment you will find your desires returning along with your fitness levels. As with the other training programs feel free to shift the days for each week depending when your treatment(s) occur and how you feel in the hours and days after therapy.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Treatment day Walk (outside in fresh air) – 1,000 – 5,000 steps.	Yoga / flexibility workout or video	Walk / ride 30 minutes	Calisthenics + 45 minutes walk / ride	Yoga / flexibility workout or video	Walk / ride 30 minutes	Yoga / flexibility workout or video

Calisthenics should include one to three sets of twelve to fifteen repetitions from the following body weight movements:

Jumping jacks, squat, lunge, pushups (regular or knee down), crunches, hip bridge, and step-ups. Workout can be performed one more time during the week with at least one rest day in between.

Calisthenics descriptions:

Jumping jacks: standing erect with feet together and arms hanging against either side, simultaneously jump outward and raise your hand in an arc outward and overhead until hands touch above your head while your feet land spread wider than shoulder width apart. Upon next jump return arms to sides reversing the arc pattern and bring legs back together.

Squat: Standing with feet slightly wider than shoulder width apart bend your knees until your thighs are below parallel to the ground. Keep back flat and upright throughout motion. Return to starting position.

Lunge: Stand with your feet hip width apart. Take a comfortable step forward, keeping your torso as upright as possible. In the bottom position, the top of your forward thigh is slightly below parallel. Push off with your lead leg and return to starting position. Repeat with opposite leg.

Pushups: Lie prone with your arms straight, your palms flat on the ground and your hands shoulder-width apart (or wider). Hold your feet together or slightly spread: inhale and bend your elbows to bring your torso to near the floor, avoiding extreme hyperextension of your spine. Push yourself back to arms-extended position. For easier movement place knees on ground and repeat above movement.

Crunches: Lie on your back with feet flat, knees bent and hands behind your head. Squeeze, or "crunch," your abdominal muscles at the top of the movement raising your shoulder blades off the floor.

Hip bridges: Lying on your back with your knees bent and your fingers interlaced behind your neck, lift your bottom to form a straight-line "bridge" with your body from shoulders to knees. Hold the bridge for two seconds before slowly lowering your glutes to the floor, then immediately repeat the movement.

Step-ups: (one minute) Step up and down on the bottom stair of a stairway, or on any step that's up to a foot high.