Lung Cancer Program Template
Strength Training Instructions: Level 7

The following exercises are examples of movements that would be beneficial during levels 5 through 8 of starting this exercise program geared towards a lung cancer population. Through levels 5 through 8, the client will increase weight, reps, or number of seats for additional challenge, depending on current conditioning of the client and impacts from surgery or treatment. Intensity should remain within 60-70% of max HR.

Intermediate Workout:

- Completed in a gym
- Bodyweight, machines, dumbbells
- **Warm-up**: Two rounds of 10 reps as a circuit with minimal rest
- **Strength training**: Three rounds of 8 reps each. One minute of rest between sets and 2-3 minutes of rest between rounds
- **Cool down**: Hold each movement for 5-10 seconds

Upper body: choose 2-3 from each category for upper body specific movements

Warm-up	Strength training	Cool down
Box breathing	Seated cable row	Seated butterfly chest stretch
Overhead tricep extension stretch	Cable tricep pulldown	Elbow winging
Arm circles	Cable bicep curl	Trunk rotations
Crossbody shoulder stretch	Chest fly machine	Neck turns
Chest opener		Neck tilts/stretches
Shoulder abductors		Seated cat/cow pose

Lower body: choose 2-3 from each category for lower body specific movements

Warm-up	Strength training	Cool down
Heel cord stretch	Dumbbell Romanian deadlift	Walking high knees
Quad stretch	Lateral lunges	Seated single knee to chest
Calf raise	Leg extension machine	Low lunge
Split stance with side stretch	Calf raise machine	Reclined figure four stretch