Prostate Cancer Program Template
Strength Training Instructions: Level 8

The following exercises are examples of movements that would be beneficial during levels 5 through 8 of starting this exercise program geared towards a neuro oncology 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
Shoulder abductors	Dumbbell front raise	Cat/cow pose
Overhead reach	Straight arm rope pulldowns	Elbow winging
Prayer stretch	Incline dumbbell chest press	Seated twists
Overhead tricep extension stretch	Dumbbell chops	Crossbody shoulder stretch

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

Warm-up	Strength training	Cool down
Heel to toe rockers	Curtsey lunges	Butterfly stretch
Seated hamstring curls	Single leg calf raise	Windshield wiper legs
Heel cord stretch	Hip abduction machine	Runner's hamstring stretch
Seated straight leg circles	Hip adduction machine	Seated fold