

# Home-Based Prescriptions - Level 2

**Oncologic Disorders**

**3 per week**

**from 17/03/2020 to 28/04/2020**



## Workout 1

**6 exercises 20 minutes 250 MOVES 130 kcal**

### 1 - Activities - Walking (low intensity)



Duration: 03:00 min

Whole body warm up exercise which can be performed on the spot (marching) if space is limited. To increase intensity try skipping with our without a rope.

### 2 - Free Exercise - Chair Squat



8 reps x 60 sec  
8 reps x 60 sec

Try to sit gently on the chair rather than flop down. If needed hold onto a wall or railing for support.

### 3 - Free Exercise - Wall Push Up



8 reps x 60 sec  
8 reps x 60 sec

Move the feet further from the wall to increase intensity.

### 4 - Free Exercise - Step Up



8 reps x 60 sec  
8 reps x 60 sec

Adjust the step height to suit. Alternate legs or perform half the repetitions on one leg and then half on the other.

### 5 - Free Exercise - Seated Row With Stretch Band



8 reps x 60 sec  
8 reps x 60 sec

If seated on the ground is too uncomfortable try seated in a chair or standing with the stretch band attached to a wall or railing.

### 6 - Activities - Walking (low intensity)



Duration: 03:00 min

Whole body warm up exercise which can be performed on the spot (marching) if space is limited. To increase intensity try skipping with our without a rope.

# Workout 2

1 exercises 17 minutes 186 MOVES 102 kcal

1 - Circuit - Circuit 1

6 exercises 3 Rounds 60 sec Round rest time

## 1 - Free Exercise - Bodyweight Squats



R1 6 reps x 10 sec  
R2 6 reps x 10 sec  
R3 6 reps x 10 sec

## 2 - Free Exercise - Chair Pushups Level 1



R1 6 reps x 10 sec  
R2 6 reps x 10 sec  
R3 6 reps x 10 sec

*Modify to wall push ups if needed.*

## 3 - Free Exercise - Double Leg Lift



R1 6 reps x 10 sec  
R2 6 reps x 10 sec  
R3 6 reps x 10 sec

## 4 - Dumbbells - Squat Press



R1 6 reps x 2.5 kg x 10 sec  
R2 6 reps x 2.5 kg x 10 sec  
R3 6 reps x 2.5 kg x 10 sec

*Adjust depth of squat to capability. Add weight to the hands if capable. If dumbbells are not available then use any suitable weight such as bottles of water or bags filled with sand or rice.*

## 5 - Dumbbells - Bicep Curls



R1 6 reps x 2.5 kg x 10 sec  
R2 6 reps x 2.5 kg x 10 sec  
R3 6 reps x 2.5 kg x 10 sec

*Add weight to the hands if capable. If dumbbells are not available then use any suitable weight such as bottles of water or bags filled with sand or rice.*

## 6 - Free Exercise - Slide Crunch



R1 6 reps x 10 sec  
R2 6 reps x 10 sec  
R3 6 reps x 10 sec

# Workout 3

8 exercises 28 minutes 222 MOVES 114 kcal

## 1 - Activities - Walking (low intensity)



Duration: 03:00 min

Whole body warm up exercise which can be performed on the spot (marching) if space is limited. To increase intensity try skipping with our without a rope.

## 2 - Free Exercise - Lunges In Place



8 reps x 60 sec  
8 reps x 60 sec

Lunge to a comfortable depth and use a wall or rail for support if necessary. Perform half the prescribed repetitions with one leg forward and then swap.

## 3 - Dumbbells - Press



8 reps x 2.5 kg x 60 sec  
8 reps x 2.5 kg x 60 sec

Add weight to the hands if capable. If dumbbells are not available then use any suitable weight such as bottles of water or bags filled with sand or rice.

## 4 - Free Exercise - Side Lunges



8 reps x 60 sec  
8 reps x 60 sec

Lunge to a comfortable depth and use a wall or rail for support if necessary. Alternate lunging to left and right.

## 5 - Dumbbells - Dumbbell Chest Press



8 reps x 2.5 kg x 60 sec  
8 reps x 2.5 kg x 60 sec

Add weight to the hands if capable. If dumbbells are not available then use any suitable weight such as bottles of water or bags filled with sand or rice.

## 6 - Dumbbells - Sumo Squat



8 reps x 2.5 kg x 60 sec  
8 reps x 2.5 kg x 60 sec

Add weight to the hands if capable. If dumbbells are not available then use any suitable weight such as bottles of water or bags filled with sand or rice.

## 7 - Dumbbells - Upright Row



8 reps x 2.5 kg x 60 sec  
8 reps x 2.5 kg x 60 sec

Add weight to the hands if capable. If dumbbells are not available then use any suitable weight such as bottles of water or bags filled with sand or rice.

## 8 - Activities - Walking (low intensity)



Duration: 03:00 min

Whole body warm up exercise which can be performed on the spot (marching) if space is limited. To increase intensity try skipping with our without a rope.