

Home-Based Prescriptions - Level 3



Oncologic Disorders



4 per week



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



Workout 1

6 exercises 30 minutes 386 MOVES 202 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.

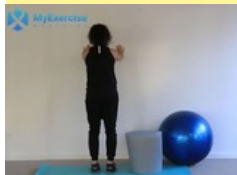
2 - Free Exercise - Chair Squat



8 reps x 60 sec
10 reps x 60 sec
12 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
10 reps x 60 sec
12 reps x 60 sec

Move the feet further from the wall to increase intensity.

4 - Free Exercise - Step Up



8 reps x 60 sec
10 reps x 60 sec
12 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
10 reps x 60 sec
12 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 32 minutes 372 MOVES 204 kcal

1 - Circuit - Circuit 1

6 exercises 6 Rounds 40 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
R4 6 reps x 10 sec
R5 6 reps x 10 sec
R6 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
R4 6 reps x 10 sec
R5 6 reps x 10 sec
R6 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
R4 6 reps x 10 sec
R5 6 reps x 10 sec
R6 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
R4 6 reps x 2.5 kg x 10 sec
R5 6 reps x 2.5 kg x 10 sec
R6 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
R4 6 reps x 2.5 kg x 10 sec
R5 6 reps x 2.5 kg x 10 sec
R6 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
R4 6 reps x 10 sec
R5 6 reps x 10 sec
R6 6 reps x 10 sec

Workout 3

8 exercises 42 minutes 326 MOVES 170 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



12 reps x 60 sec
10 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



12 reps x 2.5 kg x 60 sec
10 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



12 reps x 60 sec
10 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



12 reps x 2.5 kg x 60 sec
10 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



12 reps x 2.5 kg x 60 sec
10 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



12 reps x 2.5 kg x 60 sec
10 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.