

# Urgent Start - Level 1

 **Oncologic Disorders**

 **4 per week**

 **from 18/03/2020 to 29/04/2020**



## Getting Started

**6 exercises 23 minutes 318 MOVES 114 kcal**

### 1 - Activities - Nordic walking (medium intensity)



Duration: 05:00 min

Walk at your own pace. If you are limited for space try marching on the spot. To increase intensity progress to jogging, high knees and possibly adding punching in the air. Modify according to your fitness level.

### 2 - Free Exercise - Squat



30 sec x 60 sec  
30 sec x 60 sec

To increase intensity add weights in the hands or on the shoulders. To reduce intensity reduce depth of squat to half or quarter the range shown. If required hold onto a wall or rail or sit down onto a chair.

### 3 - Free Exercise - Push-up - on knees



30 sec x 60 sec  
30 sec x 60 sec

To increase intensity push-up from the toes. To reduce intensity push-up leaning against a wall.

### 4 - Free Exercise - Step up



60 sec x 60 sec  
60 sec x 60 sec

To increase intensity add weights in the hands or on the shoulders and or increase the step height. To reduce intensity reduce step height. If required hold onto a wall or rail.

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



30 sec x 60 sec  
30 sec x 60 sec

To increase intensity shorten the band to increase the resistance. If a stretch band is not available change to a bent-over row with weights held in the hands. This can be dumbbells, sandbags, water bottles or packets of rice.

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



Duration: 05:00 min

Walk at your own pace. If you are limited for space try marching on the spot. To increase intensity progress to jogging, high knees and possibly adding punching in the air. Modify according to your fitness level. Over the last minute ease down to a slow walk.