



## **10-WEEK STRUCTURED CANCER EXERCISE PROGRAM**

### **PROGRAM DESCRIPTION**

Through a combination of cardio and strength training, this program helps cancer survivors ease their way back into physical activity in a safe, fun, and supportive environment. With the help of a trained Cancer Exercise Specialist, this 10-week program will enhance bone strength, increase flexibility, work on range of motion, and fire up the metabolism.

### **PROGRAM SPECIFICS**

- Taught by Certified Cancer Exercise specialists.
- Small group setting of 6-10 participants.
- One live class per week via Zoom (recorded and can be repeated during the week at any time).
- A walking program is encouraged as a complimentary fitness regimen.
- Each participant is paired with an exercise buddy for added support, motivation, and accountability throughout the program.
- At the conclusion of the 10-week program, an optional monthly “graduate” class will be offered and recorded.

### **PARTICIPANT REQUIREMENTS**

This program is for women who have completed their cancer treatment and are within one-year post-treatment.

- Complete a phone screening (with 2Unstoppable) to determine eligibility and interest.
- Complete a 15-minute assessment with the instructor over Zoom or FaceTime to review health history, concerns, & limitations.
- Signed Physician Release
- Signed Liability Waiver
- Completed Health Questionnaire

To learn more email [info@2Unstoppable.org](mailto:info@2Unstoppable.org)  
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## 10-WEEK PROGRAM OVERVIEW

**Week 1:** Introduction to Exercises: We will run through a series of exercises that we will continue to build upon in the coming weeks. These will include range of motion, compound strength exercises, and of course, cardio movements.

**Week 2:** Endurance: Cardio based exercises that begin to test endurance levels and increase exercise tolerance. We will spend at least 5 minutes on balance exercises.

**Week 3:** Building Up: We will increase time spent on cardio and bodyweight exercises, working to build strength and endurance. Balance exercises will continue, and we will continue to work on range of motion in the shoulders, chest, and hips.

**Week 4:** Strength, Agility, and Flexibility: We begin to add resistance with weights and/or resistance bands. We will also work more on balance with the use of single-leg exercises and flexibility by increasing our stretching time.

**Week 5:** Pump up the Volume! We will continue to add to our cardio and strength exercises while still providing modifications (to level up or down). By this week, you may notice a difference in endurance, strength, and energy levels.

**Week 6:** Peak Week: We will challenge ourselves in each exercise that we have been working on, concentrating on form, endurance, and strength. The pace will pick up this week and you will have a chance to show yourself how strong you are becoming!

**Week 7:** Muscle Focus: As we continue to increase our exercise tolerance and enhance our strength, we will slow things down a bit and emphasize isolation of major muscle groups with the use of bodyweight, weights and/or resistance bands. This class will also include added time for balance and flexibility.

**Week 8:** All about the Cardio! A fun cardio-based workout to let out all the sweat and get the heart rate pumping! You will really have an opportunity to see how your cardio endurance has improved during this class.

**Week 9:** Bringing it all Together: A blend of cardio and strength, using all the progressive exercises we have learned throughout the last eight weeks.

**Week 10:** Celebrate Your Accomplishments: A big cardio and strength party, pushing the limits while having fun!

*The 2UStrong Team is looking forward to meeting you!*

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