

CANCER RECOVERY ARC™

Commercial Break Cardio

This cardio program can be used by the individual who has been sedentary due to health complications, as well as those wanting a more energetic interval workout. **The goal is to slowly, and intentionally, increase endurance and stamina without causing greater fatigue.** If you are still receiving treatment remember that less is more when your resources are being used for treatment recovery. This is an ideal program to include when watching TV. Move with every commercial.

Directions for those in treatment: Use these exercises throughout the day to increase your overall endurance or combine all exercises for a complete program. Complete each exercise for 1-3 minutes. Repeat each set of exercises, 1-3 times. Progression to the next stage (more time or sets) should only occur when residual fatigue or muscle discomfort is nominal.

Directions for those who desire a more energetic interval workout: Complete each exercise for 2 minutes. Repeat the set 2 times for a 20-minute workout. Progress to 3 sets for a 30-minute workout. Increase your effort to 3 minutes for each exercise, for 3 sets to complete a 45-minute workout.

High Knee March in Place (Option 1) or High Knee March and Reach (Option 2, more intense)

Option 1 <https://www.sparkpeople.com/resource/exercises.asp?exercise=523>

Option 2 <https://www.sparkpeople.com/resource/exercises.asp?exercise=524>

Modified Jumping Jacks (Option 1) or Jumping Jacks (Option 2, more intense)

Option 1 <https://www.sparkpeople.com/resource/exercises.asp?exercise=529>

Option 2 <https://www.sparkpeople.com/resource/exercises.asp?exercise=530>

Pivot and Reach

<https://www.sparkpeople.com/resource/exercises.asp?exercise=526>

Cross Punches

<https://www.sparkpeople.com/resource/exercises.asp?exercise=532>

Alternating Hamstring Curls

<https://www.sparkpeople.com/resource/exercises.asp?exercise=544>

Celebrate!!! Within a short period of time you will have met the daily recommendations of the American Heart Association and the American College of Sports Medicine for 30 minutes of cardiovascular exercise. Keep it up!