

CANCER RECOVERY ARC™

Get Those Legs Moving!

This lower body resistance plan should be used by the individual who has normal blood cell counts and can successfully walk at a moderate pace for ½ hour. **The goal is** to begin with 1-2 days per week and **to slowly and intentionally increase endurance and stamina without causing greater fatigue.** Begin with completing each exercise for one set of 12 repetitions. The ultimate goal is to complete three sets of 12-15 repetitions, three times per week. Get to it!!

EXERCISE	LINK	REPS	NOTES
Squat	Sample Squat	12-15	Feet slightly wider than hip distance.
Plie	Sample Plie	12-15	Wide stance, feet turned out, track knees with direction of toes. Use a chair for support for all plie exercises.
Plie, right heel up		12-15	Straight back.
Plie, left heel up		12-15	Straight back.
Plie, both heels up		12-15	
Curtsy Lunge	Sample Curtsy Image	12-15	
Step-Up with Reverse Lunge	Sample Step Up	12-15	Use a chair for balance support as needed.

Note: All squats and lunges can place strain on the knees. With every exercise, your knee placement should be behind your toes. If you should have any pain, lessen the degree of knee flexion. Should that action not resolve the pain, stop performing the exercise.