

CANCER RECOVERY ARC™

Elliptical/Stationary Bike Interval Plan

This elliptical/stationary exercise 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 2-3 days per week and **to slowly and intentionally increase endurance and stamina without causing greater fatigue**. The ultimate goal would be to engage in this routine 5 days per week and then extend the program to ½ hour.

Directions: SPM is strides per minute. RPM is rotation per minute. This variable may need to be altered depending on the tension of your machine. All numbers can be adjusted as needed. Note the **RED zone**. Should you not have the stamina in the beginning or on a given day, you can break this into one or two 10-minute sessions and end your workout at the **RED zone**. The goal of your endurance work is long term growth and lymphatic support. This is not a sprint to the finish line, but a life-long marathon. Get to it!!

TIME	RESISTANCE	SPM*	NOTES
00:00-3:00	1	40	Warmup
03:00-5:00	2	50	
05:00-07:00	3	50-60	
07:00-08:00	2	75-90	Sprint
08:00-10:00	1	50-60	<i>Cool Down – Hands Free</i>
10:00-12:00	2	75-90	Sprint
12:00-14:00	1	50-60	Hands Free
14:00-15:00	2	50-60	
15:00-17:00	3	50-60	
17:00-18:00	3	50-60	
18:00-20:00	1	40	Cooldown – Hand Free