

NSCA Exercise Guidelines for Adult Cancer Patients and Survivors Based on the Recommendations in the Literature

Exercise	Intensity	Frequency	Volume	Dosage
Aerobic exercise	Begin at a self-selected intensity (e.g., talk test) and increase intensity over time as tolerated (e.g., RPE of 3-5 on a 1-10 scale)	4-5/week	Any duration (as tolerated) and progress to 40 min	Begin with walking and progress to include other large muscle group activities
Resistance exercise	30-80% 1RM	2-3/week	8-10 exercises for major muscle groups 1-3 sets per muscle group	15- to 8RM Rest 1-3 min between exercises and sets
Flexibility exercise	Lower than discomfort level	≥3/week	2-4 sets per muscle area	10-30 s

Abbreviations: RPE, rate of perceived exertion; RM, repetition maximum.

References

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