



# #SETGoMOVE Exercises

Physical movement is an important part of your cancer survivor journey. While social distancing measures during the COVID-19 pandemic have temporarily closed down gyms, swimming pools and other recreational facilities, cancer patients and other immunocompromised individuals will still have to remain vigilant when public places reopen. Fortunately, there are ways to stay active at home. The following exercises are part of a six-part video series by the Foundation for Women's Cancer: Survivors Exercise Together—**#SETgoMOVE**—which demonstrates the benefits of movement during COVID-19. You can view the videos at [foundationforwomenscancer.org/survivors-exercise-together/](https://foundationforwomenscancer.org/survivors-exercise-together/)

## Seated Warm-up

| Seated Exercises                   | Reps         | Sets | Notes   |
|------------------------------------|--------------|------|---|
| Leg Extensions                     | 15 each leg  | 1    | 15 seconds arms down/<br>15 seconds arms up                       |
| Hip Abduction/Adduction*           | 15 each leg  | 1    |   |
| Knee Raises                        | 15 each leg  | 1    |   |
| Ankle Flexion/Extension**          | 15 each leg  | 1    |   |
| Torso Rotations                    | 10 each side | 1    |   |
| Neck Rotations<br>(left and right) | 10 each side | 1    |   |
| Rows                               | 10           | 1    |   |
| Overhead Presses                   | 10           | 1    |   |
| Leg Lifts                          | 10 each leg  | 1    |   |
| Chair Squats                       | 10           | 1    | Use blanket or cushion<br>if unable to do from<br>seated position |

\* Hip Abduction/Adduction: Bringing legs away from the body and towards the middle again.

\*\* Ankle Flexion/Extension: Legs extended; point toes up and out.

## Arm Strength Exercises

1. Chair Dips > 4x10-15 reps > depress shoulder, retract shoulders blades; elbows close to body
2. Biceps Curls (supinated) > 4x10-20 repetitions
3. Hammer Curls > 4x10-12 reps > both arms curling at same time
4. Triceps Kickbacks > 4x10-15 reps > lightweight, squeeze at top of each rep! Elbow tight to body
5. Alternating Curls > 4x10-12 reps > start with hands neutral, rotate into supination during curl

## Lower Body Strength Exercises

| Exercise number | Exercise  | Sets | Reps       | Rest        | Notes   |
|-----------------|---|------|------------|-------------|---|
| 1               | Chair Squats (sit-to-stands) demonstrate with weight in goblet squat position | 4    | 8-12       | 1-2 minutes | can use added weight or no weight               |
| 2               | Superset with shoulder mobility   |      |            |             |   |
| 3               | Wall Slides or Wall Sit (use towel for slides) targeting quads                | 4    | 8          | 1-2 minutes | do not lock out knees at top                    |
| 4               | Superset with shoulder mobility   |      |            |             |   |
| 5               | Single Leg step up (hold onto railing)  | 3    | 8 each leg | 1 minutes   | complete entire set on one leg before switching |
| 6               | Glute Bridge (on floor or bed if unable to get on the ground)                 | 3    | 8-12       | 1 minute    |   |
| 7               | Hip Hinge   | 3    | 8-10       | 1 minute    |   |

## Back Strength Exercises

| Exercise number | Exercise   | Sets | Reps                                    | Rest        | Notes  |
|-----------------|--|------|---|-------------|--|
| 1               | Standing Founders*   | 3    | 15 seconds arms down/15 seconds arms up |             |  |
| 2               | Elevated Deadlift from knee height (dumbbells, barbell, luggage bag, mulch, feed, sandbag) | 4    | 8                                       | 1-2 minutes | hands should be at knee level when at bottom of lift |
| 3               | Bent Over Row (upper body at 45 degrees)   | 4    |   | 1-2 minutes |  |
| 4               | Shrugs (back against wall for posture)   | 3    | 10-12                                   | 1 minute    |  |
| 5               | Bent Over Shoulder ext/ Lateral Flexion** (soup cans, dumbbells)                           | 3    | 8-10                                    | 1 minute    |  |

\* Standing Founder: Feet are shoulder width apart, push hips back and keep knees bent with palms facing each other and arms extended.

\*\* Shoulder Extension/Lateral Flexion: Using small weights, keep hips back, arms down and fully extended, bring arms back, pause, and return to starting position.

## Shoulder Mobility Exercises

| Exercise number | Seated Exercise                                | Sets | Reps         | Rest        | Notes                                     |
|-----------------|--|------|--------------|-------------|---|
| 1               | Shoulder Flexion/Extension (back against wall) | 1    | 10           |             |   |
| 2               | Shoulder External Rotators*                    | 1    | 10           | 1-2 minutes |   |
| 3               | Wall Slides                                    | 1    | 10           | 1-2 minutes | As close to wall as possible. Core tight! |
| 4               | Front Facing Wall Slides (use towel)           | 1    | 10           | 1 minute    | Facing wall                               |
| 5               | Arm Raises                                     | 1    | 10 each side | 1 minute    |   |

\* Shoulder External Rotators: Elbows at your side at a 90 degree angle, palms facing each other and shoulders externally rotate.

## Shoulder Strength Exercises

1. Single Arm Shoulder Press > 4 sets of 8-12 repetitions > depress shoulder, retract scapula (shoulder bone)
2. Seated Front Raises (neutral grip) > 4 x 10-12 reps > keep stomach tight, do not swing weight
3. Seated Lateral Raise > 4 x 10 reps > tight stomach, no swinging
4. Bilateral Seated Shoulder Press > 3x15 reps > full extension, full range of motion
5. Bent Over Rear Deltoid (can be seated) > 3x12 reps > light weight, squeeze trapezius muscle (shoulder blades)

*Exercise instructions courtesy of Carilion Clinic, Roanoke, VA.*