

Table 1 Training protocol design for individuals surviving cancer

Exercise			Exercise alternative	Resistance		Number of Repetitions/ Sets	Rest interval
				Own body	External resistance		
Lower body	1.	Low box step-ups (15 cm)	A _{LB} 1b	yes		10/2	30s
	2.	Forward lunges	A _{LB} 2a	yes		10/2	30s
	3.	Air-squats (no support)	A _{LB} 3a	yes		10/2	30s
Upper body	1.	Horizontal resistance band pull- standing	A _{UB} 1c		resistance band	10/2	30s
	2.	Vertical resistance band push			resistance band	10/2	30s
	3.	Dumbell press with knees flexed (on bed)			dumbells 1kg	10/2	30s