

# BASIC LIFT PROGRAM HANDOUT

The recommendations regarding the number of times to do each exercise, the weight to use, and repetitions per set vary according to timing in treatment. Please refer to the book for details.

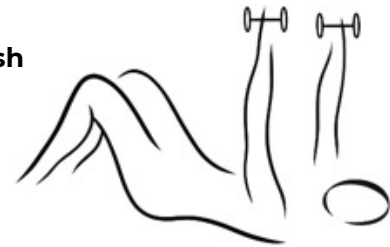
## CHEST PRESS:

Lie on your back on a weightlifting bench, an aerobic step, or on the floor on a towel. Follow the start and finish photos below to move from both arms straight, overhead, to both arms bent at right angles, with your knuckles toward the ceiling. When we add resistance this will become challenging.

Start



Finish

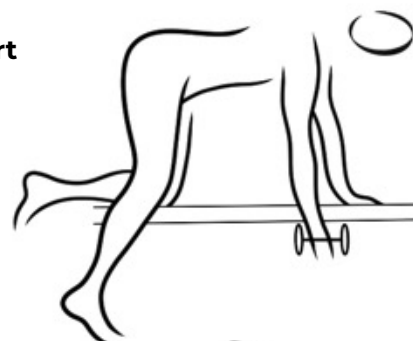


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## ONE-ARM ROW:

Place one knee and one hand on a chair or the edge of the bed, as shown in the pictures below. Start with your free hand hanging down. Squeeze your shoulder blade toward your spine as you bend your elbow to raise your fist toward your side. Slowly lower to the starting position.

Start



Finish



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### SQUATS:

Stand in front of a full-length mirror, facing to the side. Hold your dumbbells at your sides (like a suitcase), as shown. Sit backward like you are going to sit down in a chair, keeping your chest lifted, eyes forward. Sneak a peek at your knees in the mirror: they shouldn't bend past 90 degrees. Sneak a peek at your knees by looking down: your knees should not go out past your toes and should stay parallel (not

Start



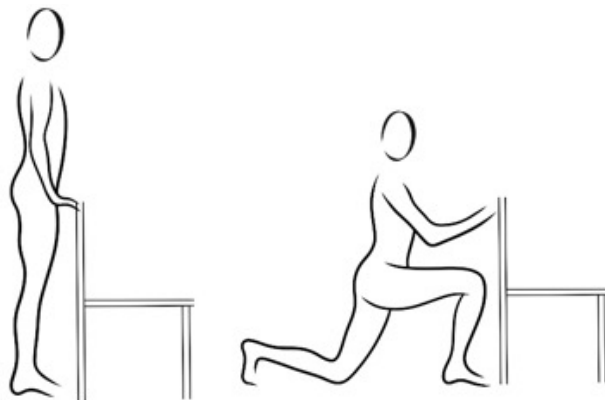
Finish



### LUNGES:

Hold onto a chair or the wall and step backward with one foot so that you can bend both knees to 90 degree angles, while keeping your chest up. Return to the starting position. Repeat for a full set on one side before switching to the other leg. If you can do these without holding on, that's great too.

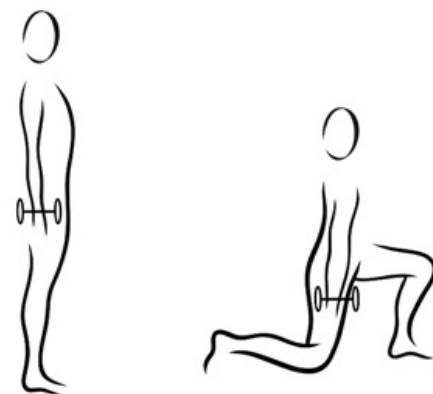
#### Assisted lunges



Start

Finish

#### Free Standing lunges (not assisted)



Start

Finish

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MOVING THROUGH  
**CANCER**

## **DEADLIFTS:**

Stand with your feet hip width apart. Bend just at the hips, letting the head follow the back so you are looking at the floor at the end of the movement. Return to standing.

**Start**



**Finish**

