

Intro to Exercise

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Easy 1	Off	Yoga	Off	20 minutes cardio	Off	Off
Week 2	Easy 2	Off	Yoga or CardioDance	Off	Easy 1	20 minutes cardio	Off
Week 3	Easy 1	Off	Yoga or CardioDance	Off	Easy 2	20 minutes cardio	Off
Week 4	Easy 1	Yoga	Off	Easy 2	20 minutes cardio	Yoga or CardioDance	Off

12-Week Video Progression

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Easy 1	Yoga or CardioDance	Off	Easy 2	Yoga	Choice	Off
Week 2	Easy 2	Yoga	Off	Easy 1	Yoga or CardioDance	Choice	Off
Week 3	Easy 1	Easy 2	Off	Easy 1	Yoga	Choice	Off
Week 4	Easy 2	Easy 1	Off	Medium 1	Yoga	Choice	Off
Week 5	Medium 1	Easy 1	Off	Medium 2	Yoga	Easy 2	Off
Week 6	Medium 2	Easy 1	Off	Medium 1	Yoga	Easy 2	Off
Week 7	Medium 1	Medium 2	Off	Medium 1	Yoga	Choice	Off
Week 8	Medium 2	Choice	Off	Hard 1	Yoga	Medium 1	Off
Week 9	Hard 1	Medium 1	Off	Hard 2	Yoga	Medium 2	Off
Week 10	Hard 2	Medium 2	Off	Hard 1	Yoga	Medium 1	Off
Week 11	Hard 1	Choice	Off	Hard 2	Yoga	Medium 2	Off
Week 12	Hard 2	Hard 2	Off	Hard 1	Yoga	Hard 2	Off

Please do not participate in this exercise plan unless you are medically and physically able, or if you have been advised otherwise by your physician. There is the risk that certain adverse changes could happen during exercise, such as abnormal blood pressure, fainting, and nausea. Should you become uncomfortable at any time during your exercise session, please stop and then continue when you are ready. It is your responsibility to reduce the intensity or stop exercise should you not feel well.

Consultation at the Lifestyle Medicine Clinic, the Cancer Rehabilitation Clinic, and Physical Therapy is available for individualized plans.

Please call 617-724-4000 for more information.