

EXERCISE SESSION STRUCTURE

- 3 x 60-minute session per week
- Days: Monday, Wednesday, and Friday
- Time: 9AM-10AM or 3PM-4PM
- Type of aerobic stations:
 - **Intervals:** Monday + Friday (Table 1)
 - **Continuous:** Wednesday (Table 2)

Table 1. Exercise session structure with INTERVAL AEROBIC STATIONS

STATIONS	SETS	BORG-10 scale	EFFORT DURATION	REST TIME (between exercises)
WARM-UP – 10 min				
Mobility exercises	-		5 min	-
Cardio (low intensity)	-		5 min	-
MAIN SESSION – 45 min				
A – Aerobic → Intervals^a				
High knees	5	5-6	30sec	-
		2-3	30 sec	-
B – Resistance^b				
Surgery-specific	2	3-6	45 sec	30 sec
Upper body – Pull			45 sec	30 sec
Lower body – Squat variations			45 sec	30 sec
Upper body – Push			45 sec	30 sec
C – Aerobic → Intervals^a				
Speed skaters	5	5-6	30 sec	-
		2-3	30 sec	-
D – Resistance^b				
Abdominals	2	3-6	45 sec	30 sec
Glutes			45 sec	30 sec
Lower back			45 sec	30 sec
E – Aerobic → Intervals^a				
Quick feet (2 feet in, 2 feet out)	5	5-6	30 sec	-
		2-3	30 sec	-
COOL-DOWN – 5 min				
Static stretches and breathing	-	1-2	5 min	-

^aComplete the 5-minute aerobic station using 30-second intervals. We recommend varying the exercises every minute, either by alternating between two exercises or by performing five different exercises. Be sure to move in all four directions throughout the session (front, back, right side, left side). Examples are provided in Table 1.

^bComplete the resistance exercises as a circuit. Take a maximum 2-minute break at the end, then repeat the circuit. Use this break to adjust or correct exercises if needed.

Table 2. Exercise session structure with CONTINUOUS AEROBIC STATIONS

STATIONS	SETS	BORG-10 scale	EFFORT DURATION	REST TIME (between exercises)
WARM-UP – 10 min				
Mobility exercises	-	2-3	5 min	-
Cardio – Low intensity	-		5 min	
MAIN SESSION – 45 min				
A – Aerobic → Continuous^a				
Jumping jacks (with or without jump)	1	3-4	1 min	-
High knees			1 min	
Shadow boxing			1 min	
Butt kicks			1 min	
Quick feet (2 feet in, 2 feet out)			1 min	
B – Resistance^b				
Surgery-specific	2	3-6	45 sec	30 sec
Upper body – Pull			45 sec	30 sec
Lower body – Squat variations			45 sec	30 sec
Upper body – Push			45 sec	30 sec
C – Aerobic → Continuous^a				
Speed skaters	1	3-4	1 min	-
Quick feet			1 min	
Speed skaters			1 min	
Quick feet			1 min	
Speed skaters			1 min	
D – Resistance^b				
Abdominals	2	3-6	45 sec	30 sec
Glutes			45 sec	30 sec
Lower back			45 sec	30 sec
E – Aerobic → Continuous^a				
Jumping jacks (with or without jump)	1	3-4	1 min	-
High knees			1 min	
Shadow boxing			1 min	
Butt kicks			1 min	
Quick feet (2 feet in, 2 feet out)			1 min	
COOL-DOWN – 5 min				
Static stretches and breathing	-	1-2	5 min	-

^aComplete the 5-minute aerobic station at a continuous intensity. We recommend varying the exercises every minute, either by alternating between two exercises or by performing five different exercises. Be sure to move in all four directions throughout the session (front, back, right side, left side). Examples are provided in Table 2.

^bComplete the resistance exercises in a circuit. Take a maximum 2-minute break at the end, then repeat the circuit. Use this break to adjust or correct the exercises if needed

