Aerobic Endurance and Muscular Strength

Aerobic endurance refers to the ability of the body to continuously transport oxygen throughout its various systems for extended periods of time (Adamsen et al., 2009; Segal et al., 2001). In addition, aerobic function and endurance are important during cancer rehabilitation to improve physical strength, adjust to a new lifestyle during or following treatment, and decrease the number of hospitalizations (Wu & McSweeney, 2004). Cardiovascular toxicity can occur from...