

Screening of all newly diagnosed breast cancer patients scheduled for surgery/treatment at the USC NCCC or LAC

Written informed consent

Randomization

Baseline assessments (within 3-6 months post-treatment)
(T1)

Progressive combined
exercise training

16 weeks

N = 50

Usual Care

16 weeks

N = 50

Endpoint assessments (T2)

Follow-up assessments
(3 months post-
intervention)
(T3)

Progressive combined
exercise training
(optional)