

Referral by Oncologists/Urologists  
Western Australia/Queensland

Screening/Baseline testing

Patients randomly assigned  
(n = 195)

resistance/impact loading  
(n = 65)

usual care/delayed  
exercise (n = 65)

resistance/cardiovascular  
(n = 65)

Received allocated  
intervention

Received allocated  
intervention

Received allocated  
intervention

Analyzed

Analyzed

Analyzed