<table>
<thead>
<tr>
<th>Week</th>
<th>t₀ Randomization</th>
<th>t₁ (Radiation end)</th>
<th>Physical exercise at home to t²</th>
</tr>
</thead>
</table>

### Radiotherapy

**Aim 1: Isometric muscle training**

5 x 30min / Week

**Aim 2: Control group**

5 x 15min / Week

### End points:

- Fatigue, Quality of life, Anxiety, Pain: t₀ - t₂
- Feasibility, Biomarker (blood, urine): t₀, t₂
- Bone density: t₀, t₂, t³