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)