Referral by Oncologists/Urologists
Western Australia/Queensland

Screening/Baseline testing

Patients randomly assigned
(n = 195)

- resistance/impact loading
  (n = 65)
  - Received allocated intervention
  - Analyzed

- usual care/delayed exercise
  (n = 65)
  - Received allocated intervention
  - Analyzed

- resistance/cardiovascular
  (n = 65)
  - Received allocated intervention
  - Analyzed