

# Effects of a 12-week resistance and aerobic exercise program on muscular strength and quality of life in breast cancer survivors: Study protocol for the EFICAN randomized controlled trial: Erratum

In the article, “Effects of a 12-week resistance and aerobic exercise program on muscular strength and quality of life in breast cancer survivors: Study protocol for the EFICAN randomized controlled trial”,<sup>[1]</sup> which appears in Volume 98, Issue 44 of *Medicine*, the table headers for Table 1 were misleading and showed phase 1 extending into week 3. The correct table is:

**Table 1**

**Periodization of the supervised resistance training program.**

Week	1	2	3	4	5	6	7	8	9	10	11	12
Session	1 2	3 4	5 6	7 8	9 10	11 12	13 14	15 16	17 18	19 20	21 22	23 24
Phases	Phase 1: Familiarization			Phase 2: Circuit Training								
Sets	2	2	2	2	2	3	3	3	3	3	3	2
Repetitions (CE* Intensity)	12 (30)	12 (30)	12 (24)	12 (24)	12 (24)	10 (20)	10 (20)	10 (20)	8 (16)	8 (16)	8 (16)	6 (12)
Estimated Intensity (%RM†)	≅40%	≅40%	≅50%	≅50%	≅50%	≅55%	≅55%	≅55%	≅60%	≅60%	≅60%	≅70%
Total reps per exercise	24	24	24	24	24	30	30	30	24	24	24	12

\*CE= Number of repetitions that could the participant could perform with the current weight.

†RM= Repetition Maximum: the weight that can be lifted only once.

## Reference

- [1] Soriano-Maldonado A, Carrera-Ruiz A, Díez-Fernández DM. Effects of a 12-week resistance and aerobic exercise program on muscular strength and quality of life in breast cancer survivors: Study protocol for the EFICAN randomized controlled trial. *Medicine*. 98;44:e17625.

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How to cite this article: Soriano-Maldonado A, Carrera-Ruiz A, Díez-Fernández DM. Effects of a 12-week resistance and aerobic exercise program on muscular strength and quality of life in breast cancer survivors: Study protocol for the EFICAN randomized controlled trial. *Medicine* 2019;98:49(e18419).

<http://dx.doi.org/10.1097/MD.00000000000018419>