

# Advanced strength training programme

## Introduction

Welcome to the advanced strength training programme of My Kidneys & Me. Try to perform 3 sessions a week and repeat each exercise 8-12 times. When you have done your repetitions take some rest and drink water if you need to. Try not to rest more than 2 minutes. Repeat 3 times (3 sets). On the last set, try to do as many repetitions as you can before you get tired. You can do these on any day although we suggest at least 1 day rest between each session.

Please use the resistance band(s) that you have been given. Make sure that you know how to use them safely. Try to use the correct colour of the resistance bands. You can also experiment which resistance band is the best for you and use the instructional videos on the website to help you.

When exercising, try to aim for a 6-8 effort on a 0-10 scale. Where 0 means no effort at all and 10 means maximum effort.

We have created 2 different sessions for you to provide variety over an 8 week programme. Each session is made up of a warm up, cool down and the main part containing the different exercises. Please alternate between the sessions as outlined below.

# Sessions

## Session 1

**Exercises are the following:**

1. Standing leg press
2. Lunges
3. Squat
4. Chest press
5. Pull apart I
6. Single arm shoulder raise (side)

## Session 2

**Exercises are the following:**

1. Wrist curl III
2. Wall squat
3. Double arm shoulder raise (side)
4. Standing row
5. Side step
6. Calf raises



# Advanced strength training programme

Week 1 out of 8

## DAY 1

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 2

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 3

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

# Advanced strength training programme

Week 2 out of 8

## DAY 4

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 5

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 6

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

# Advanced strength training programme

Week 3 out of 8

## DAY 7

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 8

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 9

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

# Advanced strength training programme

Week 4 out of 8

## DAY 10

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 11

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 12

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

# Advanced strength training programme

Week 5 out of 8

## DAY 13

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 14

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 15

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

# Advanced strength training programme

Week 6 out of 8

## DAY 17

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 16

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 18

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch



# Advanced strength training programme

Week 7 out of 8

## DAY 19

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 20

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wrist curl III, Wall squat, Double arm shoulder raise (side), Standing row, Side step, Calf raise

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 21

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

# Advanced strength training programme

Week 8 out of 8

## DAY 22

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wall squat (30 seconds) or Sit to stand (8 repetitions), Wrist curl III, Double arm shoulder raise (side), Standing row, Back stretch, Pull apart II

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch

## DAY 23

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Standing leg press, Lunges, Squat, Double arm shoulder raise, Pull apart I, Single arm shoulder raise

**Cool down (20 seconds each):** Hamstring stretch, Calf stretch, Mid back stretch

## DAY 24

**Warm up:** Marching on the spot (60 seconds), Arm circles (10 repetitions)

**Main (3 sets):** Wall squat (30 seconds) or Sit to stand (8 repetitions), Wrist curl III, Double arm shoulder raise (side), Standing row, Back stretch, Pull apart II

**Cool down (20 seconds each):** Mid back stretch, Forearm stretch