

Beginner strength training programme

Introduction

Welcome to the beginner strength training programme of My Kidneys & Me. This programme aims to guide you on how to do exercise regularly if you are a novice exerciser. Try to perform a minimum of 1 session per week. If you decide to do 2, make sure you have a rest day between them. Try to do 8-12 repetitions of each exercise and repeat this twice. When you have done your repetitions, have a rest and drink some water if you need to. Try not to rest longer than 2 minutes. On the last set, try to do as many repetitions as you can before you get tired.

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 different exercises. Please alternate between the sessions as outlined below.

Sessions

Session 1

Exercises are the following:

1. Sit to stand
2. Seated row
3. Leg push I or II
4. Arm curls

Session 2

Exercises are the following:

1. Wall press
2. Sit to stand
3. Sitting knee curl
4. Chest pull



Beginner strength training programme

Week 1 out of 8

DAY 1

Warm up: Marching on the spot (60 seconds)

Main (3 sets): Sit to stand, Seated row, Leg Push I or II, Arm curls

Cool down (20 seconds each): Hamstring stretch, Chest stretch

Beginner strength training programme

Week 2 out of 8

DAY 2

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

Main (3 sets): Wall press, Sit to stand, Sitting knee curls, Chest pull

Cool down (20 seconds each): Chest stretch, Forearm stretch

Beginner strength training programme

Week 3 out of 8

DAY 3

Warm up: Marching on the spot (60 seconds)

Main (3 sets): Sit to stand, Seated row, Leg Push I or II, Arm curls

Cool down (20 seconds each): Hamstring stretch, Chest stretch

Beginner strength training programme

Week 4 out of 8

DAY 4

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

Main (3 sets): Wall press, Sit to stand, Sitting knee curls, Chest pull

Cool down (20 seconds each): Chest stretch, Forearm stretch

Beginner strength training programme

Week 5 out of 8

DAY 5

Warm up: Marching on the spot (60 seconds)

Main (3 sets): Sit to stand, Seated row, Leg Push I or II, Arm curls

Cool down (20 seconds each): Hamstring stretch, Chest stretch

Beginner strength training programme

Week 6 out of 8

DAY 6

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

Main (3 sets): Wall press, Sit to stand, Sitting knee curls, Chest pull

Cool down (20 seconds each): Chest stretch, Forearm stretch

Beginner strength training programme

Week 7 out of 8

DAY 7

Warm up: Marching on the spot (60 seconds)

Main (3 sets): Sit to stand, Seated row, Leg Push I or II, Arm curls

Cool down (20 seconds each): Hamstring stretch, Chest stretch

Beginner strength training programme

Week 8 out of 8

DAY 8

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

Main (3 sets): Wall press, Sit to stand, Sitting knee curls, Chest pull

Cool down (20 seconds each): Chest stretch, Forearm stretch