

Intermediate strength training programme

Introduction

Welcome to the intermediate strength training programme of My Kidneys & Me. Try to perform 2 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 the sessions 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 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 and over 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. Sitting or standing knee curl
2. Wrist curl I
3. Side step
4. Seated shoulder raise
5. Standing leg press

Session 2

Exercises are the following:

1. Back pull
2. Pull back
3. Standing row
4. Sit to stand
5. Leg push I



Intermediate 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): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 2

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 2 out of 8

DAY 3

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 4

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 3 out of 8

DAY 5

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 6

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 4 out of 8

DAY 7

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 8

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 5 out of 8

DAY 9

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 10

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 6 out of 8

DAY 11

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 12

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 7 out of 8

DAY 13

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 14

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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

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Week 8 out of 8

DAY 15

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

Main (3 sets): Sitting or standing knee curl, Wrist curl I, Side step, Seated shoulder raise, Standing leg press

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

DAY 16

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

Main (3 sets): Back pull, Pull back, Standing row, Sit to stand, Leg push I

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