

# BOOTY + ABS - GYM GUIDE



## DISCLAIMER

No part of this ebook may in any form or by any electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without written permission of the author. For information contact: [info@sandraokekefit.com](mailto:info@sandraokekefit.com)

This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of the guidelines herein is at the sole choice and risk of the reader. This program was not created by medical professionals, so should be viewed and treated as motivational content for educational purposes rather than fact or a list of strict rules. If medical or other expert assistance is required, the services of a competent professional person should be sought.

With any physical activity program, you do not hold any members of Sofit Global Ventures Ltd. liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Sofit Global Ventures Ltd. is not liable or responsible for any injuries, claims or causes of action, known or unknown arising from this eBook.

Copyright © 2017 SOFIT GLOBAL VENTURES LTD. All rights reserved.

[www.sandraokekefitness.com](http://www.sandraokekefitness.com)

## **TIME TO BUILD THAT PEACH BABE! 🍑**

Please purchase a set of resistance bands for this challenge! It can be my SOFit latex booty or Cotton bands or both. I also recommend that you download an interval timer on your phone for your HIIT/CARDIO days and booty activation sessions. I use "SIT", it is free and easy to use!!

Please don't skip the BOOTY ACTIVATION page and implement this before EVERY. SINGLE. WORK OUT. This will make a BIG difference to your results!!

To achieve the best results from this program, you have to commit to it 100%!

Make the commitment to complete the entire program and give it your all!

You owe it to yourself! I promise it will be worth it and the results will be amazing.

IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU. Girls, LETS DO THIS!

We would LOVE to follow your journey so please tag us on Instagram and Facebook

**#sofitchallenge #sofitsquad @sofit\_ng  
@sandraokekefitness**

We are here to support and guide you through this challenge! Any questions email us at [support@sandraokekefit.com](mailto:support@sandraokekefit.com)  
There is also an optional Facebook support group that you can request to join.

If you have any questions, dissatisfactions or feedback about this program please use the SUPPORT option and send us an email. Please do not DM your questions. Due to the amount of DMs that come through, it may not be seen.

## **ARE YOU DOING THIS PROGRAM AT THE GYM? YOU GO GIRL!**

No matter what your goals are, resistance training is absolutely crucial! A lot of girls have this fear that they will start looking too “bulky” if they lift weights or use resistance. It’s like there’s this common misconception that as soon as a woman touches weights, she’ll take the form of a masculine entity.



However, this guide is geared more towards what most girls want - a strong, toned body with an hourglass figure. This usually consists of a smaller waist (this is where cardio and clean eating come into play) and a bigger / rounder booty (this is where resistance training comes into play). On top of giving you an AWESOME butt, resistance training speeds up FAT LOSS and raises your basal metabolic rate. It also makes you stronger so you can kick ass if you ever have to! \*wink\*

My advice is you can train for a while at home and then transition to the gym if you're not used to gym machines. The truth is that eventually, our muscles get used to the same weight & resistance from home especially if you don't have a proper home gym with adequate enough weights. So to see more results and growth you will have to be constantly increasing resistance, and there's only so much weight you can have at home. But I've noticed that most girls who say they haven't seen results through home workouts are just not doing the right workouts.

So how do you figure out what weight you need at the gym? You should be able to do 15 reps and the last 2-3 reps should be a STRUGGLE. If 15 reps is too easy you need to go heavier! As for the rest of the exercises, pick something that you feel is

difficult but a weight that won't compromise your form. If you're doing the exercise with the wrong form because of the weight then you need to go lighter.

*How often should you increase weight?* This depends on how quickly your body adapts but a good pace is to slightly increase every 2 weeks, or whenever you feel like it is getting too easy/you are not sore anymore. For example: If you are doing squats with 10kg on each side add 2.5kg after a week. Once you're using the whole 12.5kg comfortably, then increase it by 5kg making it 15kg on each side. This will keep your muscles from adapting to the weight, and the booty gains will keep comin'!



*Reality Check!*

(reality check)

Let's get real!

There are so many different definitions of what 'the perfect body' is - and unfortunately, a lot of these societal standards are simply unrealistic and highly unattainable. And with the world of Instagram, it's easy to fall into a trap and pick yourself apart for not being perfect when in reality perfect doesn't even exist.

I'm here to give you a MAJOR #realitycheck. You'd be shocked to know that many 'perfect' bodies that you see on Instagram are either photoshopped and/or enhanced with surgery and many times it's all in the angles! Even I pose in certain angles.

I'm a fitness trainer and I know a fake body from a mile away. It's not proportional!

A lot of you ladies see my photos and want to look like me, it's flattering but I'm here to tell you I'm not perfect. Do not idolize me. I too have my insecurities. I like to use my big platform to give other women strength to be confident and bold!

I have stretch marks, I have hip dips too. But that's never going to stop me from wearing a bikini and being hella confident! Life's too short not to be.

What matters most is channeling our insecurities and fine tuning them into our greatest assets. We are all unique in our own beautiful, little way.



You may ask. There's nothing wrong with wanting to improve your physique. I wasn't blessed with natural curves so i built it and so can you. I wasn't always body positive. Fitness has empowered me to love everything about me because i've WORKED hard for it! A booty, a nice waist, toned legs, ALL these things can be achieved through proper exercise, NO SURGERY required!

It is upsetting, though, to see people claim that they achieved their body through exercise when they did not. It sets unrealistic expectations on other people. So many models

and celebrities use photoshop to enhance their body. There are girls who get liposuction, brazilian butt lifts, even abdominal implants - I didn't even know that was a thing until like, 2 days ago! They get their fat frozen off, their cellulite smoothed out, their stretch marks airbrushed out. So the next time you find yourself comparing yourself to an Instagram model, take a step back and realize that you may not be looking at the whole picture. You are only looking at the best snapshots of someone's life, the ones they are willing to share. And there are plenty of things about our bodies that we may not be able to change - some girls have wider hips, some have a tiny ribcage, some have a natural thigh gap, some girls have cellulite

(even if they are super skinny), some girls (like me) have stretch marks all over the place. It is OK and it is ALL beautiful!

This guide is about more than just attaining a specific body. It is about making a positive change in your life that will FEEL good. Beautiful bodies come in all shapes and sizes and there are so many different definitions of

sexy. Figure out what defines it for YOU. The most important thing here is to be HEALTHY, strong, and feel good because feeling good radiates from your soul and will overshadow any “imperfections” you think you have. And by the way, you can love your body, and still want to change it. Too many people see the two as mutually exclusive. You are working out and improving your body BECAUSE you love it and you want to see it be the healthiest it can be. You just need to embrace the process, flaunt what you’ve got, and strive to be the best possible version of yourself!

## **HOW TO FOLLOW THIS PROGRAM**

Welcome #SOfitSquad! (insert twerking gif here). My challenges have gotten a complete makeover (it's about time lol). To my girls who have been a part of my squad before now and to my ladies who are new to my program- THANK YOU FOR JOINING!

I know you're going to have a ton of questions on how to follow this program, what to do, how to train. Especially if you're so used to my Whatsapp days. That's why I created this guide. So please read every word, every page. A lot of your questions will be answered here.

## **YOUR TRAINING**

You're trying to build your booty and define and tone your midsection so this Challenge has been modelled off of exactly how I train so whether gym or home you're going to have a

whole lot of lower body workouts to tone your legs and help you turn that booty into a peach!

The structure of your 4-week program is to help maximize growth in certain areas.

Your program is divided into 4 weeks and you are required to train 4-5 day a week.

Your challenge is divided by weeks and not days. So you should see **WEEK 1, WEEK 2, WEEK 3 & WEEK 4**. In each week you are provided with a set of exercises that include Glute workouts, Ab workouts and one Cardio. You are required to perform these specific set of exercises provided each week, 4-5 days a week! It doesn't matter how you decide to shuffle them but they should be done 4-5 days weekly. You can workout Monday to Wednesday and then decide to rest on Thursday then continue on to Friday to Saturday then rest Sunday.

Now, you are to choose your own rest days as well. . You should aim for 1- 3 rest days a week. ITS UP TO YOU! (I'll talk about Rest days further along this guide). Your training days are 4 days weekly (you can train 5 days weekly if you wish).

It can be Monday to Thursday, Monday-Wednesday then an additional day on the weekend. YOU CHOOSE! I want you to create your own schedules and stick to it.

**GLUTES:** You will have 4-5 booty workouts each week. **You're expected to perform these same exercises consistently, weekly.**

**ABS:** Your Ab workouts consist of 4-5 exercises each week. You are required to combine your Ab exercises on the same day as your booty sessions 4-5 days weekly. Your Ab workouts can be performed at the beginning or as your finisher each training day.

**CARDIO:** For your cardio, pick one day in the week to perform your cardio workout.

*So, does this mean we have the same workouts each week? Yes! Why? Specific body parts require consistent attention to develop and my program is designed to continuously re-target that body part over a span of 4 weeks with the same routine. I understand that sometimes it may seem as though workout routines can feel mundane or repetitive, in these cases you should add on more weight to increase the intensity, use resistance bands to challenge yourself even further, do more reps and sets as well. The goal is to progress, and get results!*



## **VERY IMPORTANT!**

As a very busy person myself, I absolutely understand that sometimes life gets in the way and sometimes you cannot do your workouts each day. So if you're wondering "Well, what if my Monday's are hectic and I can't do it on Monday?"

Simple. Plan your next training day ahead. If you can't workout on a certain day due to late hours at work, getting home late, having to study for that exam, or just plain not having time- pick another day and get your workout in! Just make sure you aim for your 4 training days a week and hit each muscle group at least once.

This guide was designed to help you get the best results but you must do your part to be consistent. Always make your workout a priority regardless of what's happening around you.

## **PURPOSE OF THIS PLAN**

I have designed this 4 week HOME & GYM Guide to be flexible and without unnecessary restrictions so that it can be easily incorporated into your everyday lifestyle. The plan will help you burn fat whilst building lean muscle, improve your fitness level and help you become stronger and

healthier in body and mind hence, “A healthy mind, in a healthy body.”

If you follow the plan you will see and feel a transformation throughout your body and be the best version of yourself.

I share all my top tips, a downloadable nutrition guide, my go-to meals, a detailed training plan, workout videos that you can follow. The suggested meals are my personal favorite -easy to make, delicious and healthy. They are nutritionally balanced to ensure that you are giving your body what it needs for optimum performance.

The most important factor to get the most out of this plan is consistency. Try to push yourself because if you stop, the results will

stop. Make it part of your lifestyle and you will start to see your hard work pay off. You want it? This is a 2-in-1 Challenge so you're going to be working on that core and waistline as well with HIIT training once a week.

## REST DAYS

I recommend taking two rest days mid-week, and another day on the weekend totaling 3 rest days. Your rest days are where you rest from any training activity.

Do not skip rest days.

Your muscles repair and build when you REST, not while you are working out. Without rest days you will burnout and not see progress, as you are not letting your muscle fibers repair.

If you think 3 days is too much and you want just 2 rest days, throw in a workout mid week.

Resistance training breaks down body tissues and muscles, causing microscopic tears. Rest days give your muscles, nerves, bones and connective tissues time to recover and rebuild. When you implement excessive amounts of exercise without having a proper rest day and if you don't have adequate time for recovery you may experience decreased performance, fatigue, altered hormonal states, poor sleeping patterns and a lowered immune system. The rejuvenation process is so important. This requires adequate amounts of water (2.5- 3L if you are doing my guide), proper nutrition, good quality sleep (8 hours), ample amounts of micronutrients (vitamins and minerals) and

recovery supplements. These things allow your body to rebuild its tissues letting them grow back stronger.

# My Glute Progress

2017



2019





## **THE SCIENCE BEHIND THE BOOTY**

Incase no ones told you, you have an amazing butt.

No really, you do. Our glutes are the largest muscle groups in our bodies and they do ALOT. Most ladies wake up and do a hundred body weight squats a day and wonder why they aren't getting the results they want and you don't actually stop to research it understand what your glutes are and how to properly target them.

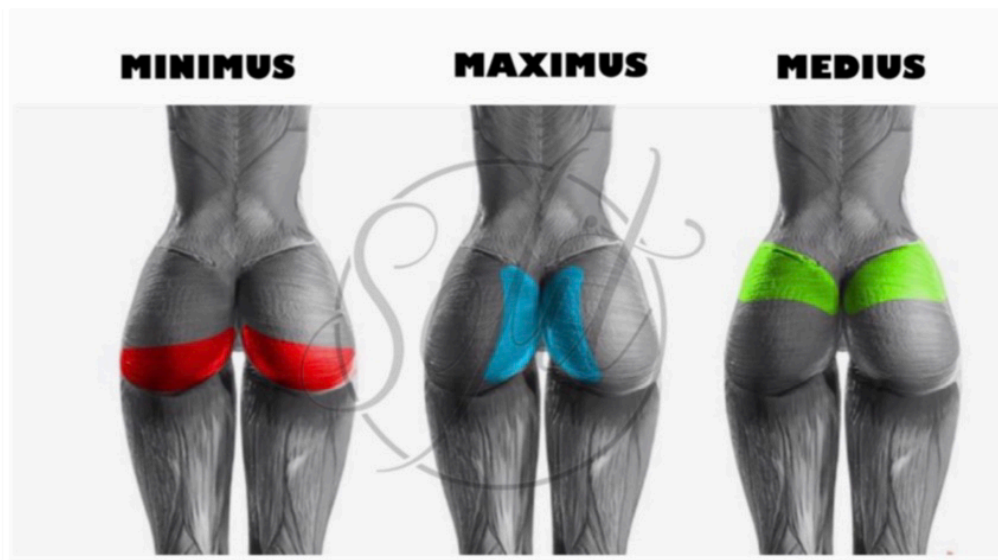
Our glutes are muscles and in order to grow muscle you have to apply proper technique.

Before you start your workouts it is important to have an understanding of what muscles make up your booty and how they develop and grow. The scientific name for our 'booty' is 'gluteus' and like I said earlier, it is not only the strongest muscle in the body, but also the largest. However, what you might not know is the gluteus is made up of three separate muscles and a layer of fat. The gluteal muscles are:

- Gluteus Maximus • Gluteus Medius
- Gluteus Minimus

The gluteal muscle group forms a strong foundation for our bodies, being connected to our upper body, core and lower body. They enable us

to perform certain movements such as hip extension, hip abduction, hip external rotation and posterior pelvic tilt. The gluteus maximus controls the forward/backward motion of your pelvis whereas the medius controls the sideways motion.



The gluteus muscles are not only important to our body composition and aesthetics but they are the major muscles used in many athletic activities. The gluteus muscles abduct, extend and externally rotate the hips which make them the key muscles for many power driven exercises such as sprinting.

While exercises such as squats and deadlifts will be sure to hit your gluteus maximus, we also need to strengthen the smaller muscles by performing isolation exercises such as hip thrusts/raises. By gaining strength in your medius and minimus, it will increase your range of motion through your hips which is crucial to being able to lift heavy when it comes to squatting and deadlifting! Booties come in all different shapes and sizes. Genetics play a huge role in the overall make up of your glutes however you can definitely improve its muscular strength, tone and shape. While a lot of girls (me included) aren't genetically blessed with a perky behind, the good news is, the gluteus is a muscle so you CAN and WILL build it.

Muscle grows from weight/resistance training so forget about doing endless hours of cardio. We will be progressively overloading your butt muscles through specific exercises that will hit the maximus, medius and minimus. Building up your glute muscles goes hand in hand with leg training so you will also notice your thighs and hamstrings becoming leaner while maintaining tone and shape. The more defined your legs, the more your booty will pop so don't be shy when training them!

## **YOUR ABS/CORE**

Incase you didn't know, we all have Abs. Abs are just a short term for the Abdominal muscles. The visibility of your Abs is dependent on your body fat percentage. If you have a lot of belly fat (high fat percentage) you won't see any Ab definition until you lose that layer of fat. Despite what you've been told, you can't do a ton of sit ups and crunches to make the fat go away either, it will never work. Ab exercises DON'T burn belly fat. AND wearing waist trainers, don't do anything for your belly fat either. Sorry to burst that bubble for you. I know Instagram models and celebrities have brainwashed a lot of you into thinking that you should buy waist trainers to have a smaller waist. But ask yourselves, have you ever seen me wearing one?

This brings us to the topic of SPOT REDUCTION. Spot reduction is believing that fat in a certain area of the body can be targeted or lost through exercise of specific muscles in that desired area. For example, doing crunches for the abdominal muscles in an effort to lose weight in or around one's midsection or to have a slim waistline. Now if you purchased this guide because you want to only lose belly fat, stop right there and read this.

In order to lose belly fat you must train your entire body! Your body burns fat all over the place and not from one specific place only. Doing lots of sit ups and crunches won't burn the fat. This is why you will have a day set aside for cardio & HIIT training. Your body will only burn fat if there's fat to lose. If you're super skinny, don't worry about losing your natural curves.

*So how does one burn the fat?*

Improving your body composition is the best way to reveal your abs, and this is done by following a well planned training program that includes strength training (weightlifting) and fat burning strategies such as HIIT and cardio but most importantly, what you eat. Cut out the processed foods and junk foods and high sugar beverages if you truly want to see a change.

So what do Ab exercises do?

Ab workouts are for strengthening, and tightening your abdominals. When your body fat percentage is low enough to show the underlying muscle that sits on your torso, you definitely want to make sure it is as toned as possible, and working your core is key!

Watch my Youtube video for a more in depth explanation on how to burn belly fat!

<https://youtu.be/BiQZMbwnaLA>



## **NUTRITION TIPS FOR A SLIMMER CORE**

A diet for abs should include plenty of whole foods rich in fiber, protein, and healthy fats and pair your diet with regular physical activity. These foods can boost your metabolism, enhance fat burning, and keep you feeling full in between meals.

Meanwhile, other foods like junk, contribute very little to the body and provide more unnecessary, extra calories and sugar, increasing your risk of fat gain and excess body fat. High calorie foods and beverages such as cakes, cookies, fries, pizza, sodas, alcohol and just processed foods.

It's important to fill your diet with lots of nutritious, whole foods, such as fruits, veggies, whole grains, healthy fats, and high-protein items.

These foods are not only high in micronutrients and antioxidants but also low in calories. Thus, they can support weight loss and increase fat burning. Your rest day and type of rest will depend on how advanced you are and your intensity of training. If you're just now starting out in the fitness world, your rest day should probably be a real rest day in which case you do not do any activity at all. A more experienced person may choose an "active rest day". This is where you

won't lift any weight or do anything intense such as HIIT but you may do an activity like yoga or do some LISS cardio.

## **CARDIO**

DISCLAIMER: everyone needs different amounts of cardio to see results. Some people do not need to do any cardio and they can stay lean, while others require a lot of cardio to help with fat loss or maintaining weight. The suggestions I am making for cardio are very GENERAL and are not strict or specific. Everyone is at a different point in their fitness journey. Do not feel like you NEED to stick to the cardio recommendations. They are OPTIONAL suggestions. You can also do extra cardio if you would like to lose more fat! In this guide I have scheduled:

- 1 day per week of full body HIIT (high intensity interval training) 10-15 minutes before workout.

## **YOUR WARM UPS, COOL DOWNS, STRETCHING**

For this challenge I have included a video as your pre and post stretch routine you can perform pre-workout! Feel free to add you own favorite stretches and warm up exercises. Here's a quick

run down of my personal pre, Intra and post workout routine:

## PRE WORKOUT

Before heading to the gym:

✓ ENERGY: Women's Best Pre-workout (for after my workout.

✓ OUTFIT: I choose a bomb outfit that makes me feel confident, and is comfortable for what I am training. The shoes I wear are important as well. If it's a leg day, I wear flat heeled trainers.

😊 ). Depending on the time of day I will train fasted then have a shake and a meal right after for Energy.

At the gym before my workout:

✓ WARM UP: I typically don't warm up, it's a personal thing of mine that i'm used to doing. Once my pre workout kicks in i'm fired up and ready to start lifting! However some days I may just jump rope and do a glute activation routine.

✓ MOBILITY: You do not have to do a full mobility routine, but you can definitely warm up the muscles you are training before jumping into the heavy weights to help prevent injury and improve performance.

## **INTRA WORKOUT**

✓ **DRINK BCAAS:** I drink BCAAs during my workouts to help with muscle recovery and protein synthesis. Plus it is fun to have a yummy drink to sip on between sets! BCCAs and other supplements are completely optional! My supplements are from Women's Best.

✓ **STAY WARM:** I hate being cold while I am trying to workout. Your muscles seize up when your body temperature drops. I stay warm by taking short rests, doing supersets.

✓ **SHORT RESTS:** along with the previous point of staying warm, implementing shorter rest periods will keep your heart rate up, keep your head in the game, and prevent your muscles from relaxing and tightening. Give yourself enough time to recover but do not let your heart rate plummet and your body completely relax.

✓ **STRETCH:** I included a mini stretch video for you babes!

## **POST WORKOUT**

✓ **COOL DOWN:** to help release lactic acid build up during leg day, try to walk for a few minutes on the treadmill at a steady pace. This will make it safer to

stretch after, as your muscles are in a more relaxed state.

- I find the more often you train a muscle, the less sore it gets and the shorter the recovery period is.
- UP THE PROTEIN: I drink my whey protein shake immediately after my sessions. Protein is an essential macro nutrient that helps your body build and repair muscle tissue.
- EAT! Eat a balanced, nutritious meal! What you feed your body after a workout is so important. This determines your results so don't train hard then eat pizza right after.



ACTIVATE YO  
GLUTES!



## **GLUTE ACTIVATION**

Out of all the muscles we have, the area that I get asked about most frequently is, of course, the glutes. Girls all want to know what exercises to train to grow their booty and which techniques they should be implementing to ensure the growth in that area.

Whilst the exercises used in your workout are important, it is important that we understand the fundamental points for growing and shaping the glutes; MIND MUSCLE CONNECTION AND GLUTE ACTIVATION.

Our glutes are referred to as our most lazy/inactive muscles because we don't really use them throughout the day. A lot of people suffer from underactive glutes (AKA "glute amnesia") and this is largely due to their sedentary lifestyle. If you spend the majority of your day sitting down, working a desk job etc. then you are not using your glutes. It is as simple as that. Unfortunately, our glutes do not activate much during the course of our day thus, the muscle tends to shut down and **atrophy** quite quickly.  
so our glutes are usually inactive.

When you are training them, it's important to wake up or WARM UP the glutes and prepare them for your main workouts. This is what we refer to as GLUTE ACTIVATION.

The sad fact is that the reason most people cannot develop their glutes is because they cannot activate or “fire” their glutes correctly during their training sessions. What this means is that instead of your glutes doing the work, other parts of your legs are compensating; leading to growth in the other areas, such as the hamstring and the quadriceps with the booty falling completely short. You should be able to feel your glutes working and contracting during your main exercises. This is why it is SO important to use resistance bands and apply techniques to “wake up” your glutes before training to have them working correctly during your training sessions.

Another reason you may have not been seeing the results from your glute session ties into the first one. If we are over compensating with other muscles in our lower body workouts then we are more likely to experience injury or deterioration of those muscles. If your glutes are being underutilized, you may be using other muscles or tendons to do the work, such as your lower back

for example or putting more strain on the muscles around the knees because you consistently dominate with your quads. By having stronger glutes it will help to prevent and reduce injury to these other regions by elevating their load.

At BBR we know that in order to increase muscle growth, it is first necessary to know how to activate the body part during all movements and exercises.

In simple terms, glute activation means to simply wake up the glutes. It is the connection between brain and muscle (mind muscle connection) that tells your glutes to get ready to work! Glute activation should be done before your workout; however, you can also use them during your workout as part of your super set to keep your glutes awake.

Being successful at anything in life begins with intent. If you want to have better use of your glutes you need to train your brain and muscles to do so. I have had so many girls say to me “I cannot feel it in my glutes”, and I always say, “what are you focusing on” and are you “squeezing”?

Whilst training it is so important to have your mind focus specifically on the muscle you want to grow – direct ALL of your attention to feeling the

movement in your glute for example. If you cant, shift your stance slightly, align your hips etc. until you can feel what you're doing. Also SQUEEZE especially during those hip thrusts, follow through with the movement – take it slow AND DO NOT RUSH. Over time, persistency will pay off and eventually your body will become better at naturally activating your glutes without you having to try so much.

Here are my top 3 activation “go to’s” which, are included in your workouts:

- Banded hip thrusts
- Banded kick backs and pulses
- Low banded squat side steps

As you can see my favorite ways to activate my glutes involve little to no weight. Why the lack of weight? When we use weight we concentrate on the lift and the load not the muscle or the squeeze. This is all about activating the booty.

## **DELAYED ONSET MUSCLE SORENESS (aka DOMS)**

You know the painful feeling of your muscles and you not being able to walk, climb stairs, sit down properly days after a workout? Yeah, that's what we call DOMS! Muscle soreness is very normal and affects everyone even professionals like me.

Especially if you're new to working out. You will experience muscle soreness. What do you do?

1. Stretch
2. Take a cold shower
3. Do not stop your workouts

## **PROGRESSIVE OVERLOAD**

The thing with muscle growth is that if you don't use it, you will lose it! This means that as the muscles grow and recover from the load or stress they are being exposed to, they ADAPT. This adaptation process is what we want, however it means that to continue to challenge your muscles



in order to cause that **hypertrophy** response, you need to continually INCREASE THE STRESS they are being exposed to. This is where progressive overload comes in.

So what does this mean? It simply refers to doing more over time. You need to place increasing demands on the body in order for it to change.

There are several different ways to achieve progressive overload in your training, and the methods used will be specific to the individual, based on their experience, their goals and their individual anatomy.

It is important to note that before you move your training focus to increasing the challenge your muscles are facing, it is imperative that you have your technique dialed.

You need to ensure you are lifting SAFELY before making things harder, as increasing weight or difficulty of the exercise can put you at increased risk of injury. If your form is not good, you will most likely not be getting the most out of your training, and the exercises you are using may not be working your muscles the way they are supposed to. So watch my videos, pay ATTENTION to my form and copy that. I used to watch a lot of youtube videos when I first started and this helped me get my form correctly.

## **WAYS TO ACHIEVE PROGRESSIVE OVERLOAD:**

- Add weight or Utilise more resistance to your challenging lifts exercises
- Decrease your rest periods
- Increase your sets, reps or volume
- Increase training frequency

## **SOFIT TIPS & TRICKS:**

- This is a building plan and was created to help shape your body and encourage a healthy lifestyle.
- When I put 10-15 reps in your video, always aim for 15.
- If you surpass the higher rep amount, increase weight for the next set (ex. Reps: 12-15 but if you can get to 16, increase the weight).
- Focus on form above everything. Try to go as heavy as you can WITH GOOD FORM. If you can go heavier but your form suffers- drop the weight back down.
- FAILURE IS GOOD. If you go until failure on an exercise, it means you are trying your best. Do not be afraid to fail.
- If someone is on the machine you need:
  - Skip that move and go to the next one
  - Ask to work in with them (Alternate).
  - Create your own substitution or do a variation (ex. Use a barbell instead of dumbbells and vice versa)

- These workouts should take 45-90 minutes plus some stretching and warming up time (this does not include cardio).
- Rest periods should be 60-120 seconds. I do not specifically time this anymore, but I suggest using a timer every once in awhile to monitor your rest periods. Short rests will keep your heart rate up. Keep in mind that mental health comes first. I do not want anyone getting caught up in fitness just so they can look a certain way. If you try lifting and genuinely hate it after doing this guide for a few weeks, do not force yourself to continue to lift weights. You can do home training until you find your peace.

You need to find what works for you on your own personal fitness journey.

## **CHART YOUR PROGRESS!**

Babes, tracking your progress makes it more likely to reach and surpass your goals. The reason why I take so many pictures is because it allows me to have something to look back on just to see how much i'm improving.

Tracking your progress through pictures or a diary, allows you to be more efficient in your time and workouts and this lends to accountability to

yourself and your goals. You should always set new fitness goals each week and give yourself a reward for reaching them (ie “I lost 2kg last week so this Saturday I can have a glass of wine”). Below you have a SOFit weekly workout tracker where I encourage you to write down your workouts and what you were able to achieve each week and also what you feel you could improve on for the following week.

Don't forget to take and submit your progress pictures! I want to feature you on my pages.

## **ACCOUNTABILITY PICTURES**

The first step to beginning your journey is to take Accountability Pictures, also known as progress pictures.

This is how you will document your progress. It may surprise you to know that these pictures will serve as some of your greatest motivation throughout your journey. From week to week, your body will be making small changes that you won't see just by looking in the mirror or hoping on a scale, but when you compare photos side by side, you'll be amazed at your progress! This will be the go-to measurement tool to see how your body has changed.

We will not be using the scale. *Why not*, you ask? The scale will not know how much body fat you have lost and how much lean muscle you have gained! Another method of tracking your progress is with measuring tape and a body fat percentage machine, which can be found in most gyms - I would highly recommend doing this as well.

IN ORDER TO FAIRLY EVALUATE YOUR PROGRESS THROUGH YOUR ACCOUNTABILITY PICTURES, IT IS IMPORTANT TO KEEP AS MANY VARIABLES IN YOUR PHOTOS AS ALIKE AS POSSIBLE!

Here are a few tips for taking your Accountability Photos:

- Wear the same sports bra/crop top and shorts/bikini each time.
- Take the photo in the same three positions each time: front, side, and back - with your legs and arms in the same position.
- Take the photo in the same, FULL length mirror, in the same lighting.
- Clean up the background :) It can be distracting to your progress and we want these

pictures to highlight the amazing changes in your body, not the dirty clothes behind you!

## ***FAQ'S***

### My most frequently asked Questions

#### *1. Sofit, do I build muscle or lose fat first?*

Building muscle should be your primary goal. You can lose fat and gain muscle at the same time when you first start lifting. When you are lifting (properly and consistently) you will go through “body recomposition” meaning you will lose fat as you build muscle which will alter your proportions. I recommend everyone start with a focus on muscle building aka “bulking” first (and possibly forever). If you try to lose fat first, with no muscle mass underneath, you will not look toned. Plus, lifting helps a lot with fat loss.

You can burn more calories during a weightlifting session in a shorter period of time than you can doing LISS cardio.

#### *2. Won't I look too “masculine” if i'm lifting heavy?*

Um girl stop. In order to look toned and fit you need to build muscle. Doing bodyweight exercises will not help you build a solid muscle base. You will not get bulky like a guy (unless you are a guy then hello you probably want to bulk up). Due to our genetics as humans, it is physically impossible for girls to get huge muscles without performance



enhancing drugs (aka steroids). We do not produce enough testosterone to get huge ladies! I know after saying this i'll still get asked the same question.

### *3. Won't I get fat if i'm eating a lot?*

As long as you aren't bingeing on fast foods and junk, you're good. In order to build muscle you need to workout consistently and eat in a calorie surplus. A calorie surplus means more calories than your body requires for basic functions. So aim for 4-6 meals daily. This is how muscles are built. Muscles need that extra food in order to repair and grow. A little bit of fat gain is not a bad thing. I have more fat on me now than i ever have but i am also a lot stronger and more muscular than i have ever been. Do not be afraid of a bit of fat gain. Not everyone will gain fat, but i will not sugar coat it and pretend that it is not a possibility.

### *4. Why are we repeating the same glute workouts weekly? **Why do the "same" workouts for 4 weeks?***

- there are only so many exercises that work best for your glutes. Also, doing a different workout each day isn't necessarily the best way to train if you want to see muscle growth.
- there are some key staple movements.

- in order to track your strength progress week to week.

- to track your progress, you need to give Yourself time to:

- a. Adjust to the workouts and learn How to do them properly.

- b. Give yourself time to improve.

Keep in mind some days i do not feel like doing a certain exercise so i switch it with something else. Nothing wrong with that! Make this plan the base of your workouts, and build on it.

### 5. *SOfit, When is the best time to workout?*

Working out is important, no matter what time of day you do it. What really matters is that you find a time of day that works for you and that fits your schedule, and then stick to it. Fitness is not as complicated as people think it is. By keeping your workout regimen fairly consistent at the same time every day, you could be making greater training gains. And isn't that what really matters? I personally prefer mornings because I like to train fasted (no food) and that's when I have the most energy. I get fatigued towards the evenings.

However, there are days I get loaded with work which includes filming, sponsorship photo shoots

and meetings and I have to push my workouts to the evening or even the next day and that's ok! What matters is that I get it done and I make sure I train at least five days weekly.

*6. Should I eat before my workout or after?*

Similar to the first question, it all depends on YOU. A lot of people cannot function without breakfast and to train on an empty stomach can be hard for a lot of people so if you want to eat before your workout, do so. Try to get your meal in 30-45 minutes pre workout. This gives your body enough time to digest the food so you don't feel heavy. I take my whey protein and eat a high carb meal to get back up my energy.

*3. How many times am I required to train a day?*

Your workouts for this challenge were designed to be done once a day.

I wish you all the best with this Challenge!

My Week

## WORKOUT PLANNER

Monday	Tuesday	Wednesday
<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div>		<div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div>
Thursday	Friday	Saturday
<div>17</div> <div>18</div> <div>19</div> <div>20</div>		<div>21</div> <div>22</div> <div>23</div> <div>24</div>
Sunday		

My Week

## WORKOUT PLANNER

Monday	Tuesday	Wednesday
<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div>		<div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div>
Thursday	Friday	Saturday
<div>17</div> <div>18</div> <div>19</div> <div>20</div>		<div>21</div> <div>22</div> <div>23</div> <div>24</div>
Sunday		

My Week

## WORKOUT PLANNER

Monday	Tuesday	Wednesday
<div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div>		<div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div>
Thursday	Friday	Saturday
<div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div>		<div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div>
Sunday		



My Week

## WORKOUT PLANNER

Monday	Tuesday	Wednesday
<div>06</div> <div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div>		<div>06</div> <div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div>
Thursday	Friday	Saturday
<div>06</div> <div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div>		<div>06</div> <div>07</div> <div>08</div> <div>09</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div>
Sunday		

