

Slim Thick Challenge

DISCLAIMER!

SOfit™ Challenges include workouts designed to be used independently at your own pace and risk. This program is not intended to treat or cure any illness and results will vary per participant. If you're pregnant, or have any injuries or illnesses its always safe to consult with your physician before beginning any new health and fitness regimen. By participating in this program, you do not hold SOFIT GLOBAL VENTURES LTD™ or any of its employees liable.

REALITY CHECK!

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.

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

Alot 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 assests. We are all unique in our own beautiful, little way.

So if you're so confident, why do you train to look better? 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 expectationson 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!

WORKOUT BREAKDOWN



Hi! I'm *SOfit*. Congratulations for taking on this challenge. You are one step closer to achieving your fitness goals. My programs are designed for the person looking to begin and

maintain a healthy lifestyle, with no excuses. Your journey will be filled with success, failure, temptation and celebration. The goal is to never stop. Learn from your failure and your success. Stay away from quick fixes, fad diets, slim teas, pills and waist trainers. Learn how to improve your relationship with food and learn how your body works when you treat it well!

You will be training five days a week for the next 4 weeks (1 month). Monday-Thursday with Friday and Sunday as your 'active' rest days. These rest days mean no workout videos are provided. However, you are free to be active (run, jog, ride a bike, swim). It's important to give your body time to rest and recover! This is part of the results process.

This plan is very flexible and is meant to be incorporated into your daily lifestyle. You control your schedule.

What does this mean?

If you follow the workouts Monday to Wednesday and want to rest on Thursday, you can continue on Friday. You have two free days in the week to catch up with the week. This is a GYM required, 4

week workout program that will include video demonstrations for a 2 hour routine that will cover all muscle groups. Save this PDF guide so that you can refer back to it always.

HOW TO: FOLLOW YOUR WORKOUTS



Please Read this section carefully!

There's a reason why I refer to the gym version of this program as a "train like me" program. This is because you will be following the exact same structure and training routine that I perform each day. **You will only receive 5 workout videos for this plan and each day is split into 2 rounds** and you are required to follow these routines each day for the next month.

The structure of your 4-week program is to help maximize growth in certain areas. 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 can feel free to add on more weight to increase the intensity, use resistance bands to challenge yourself even further. The goal is to get results!

VERY IMPORTANT ! READ!

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

Simple. Plan your next training day ahead. If you can't make it to the gym 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 4-5 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.

YOUR TRAINING SPLIT

Your splits are divided into

Mondays: Leg Day which is twice a week,

Tuesdays: Back & Biceps day,

Wednesdays: Chest/Shoulder/Triceps day

Thursdays: Booty (Glutes) & Abs

Fridays: Active Rest Day

Saturdays: Repeat your Leg Day routine

Sundays: Active Rest Day

After week 1, you're expected to follow the same routine the following week, for four weeks. Like I stated previously, each day you will have two rounds. Round 1 will have 4-5 exercises and you will perform 3 Sets of each exercise in round 1.

Round 2 usually has 3-5 exercises depending and you are also required to perform 3 Sets of each as well. Complete Round 1 before moving on to round 2! You are expected to finish both rounds at once.

I split your workouts into two rounds so that you don't get overwhelmed with a load of workouts for each set.

LEG DAY

MONDAY

You will be training this twice a week. But you have 3 lower body days weekly. The reason why I put Monday as leg day is simple. It's your biggest muscle group and provides the foundation for all

your other muscle groups. You will be doing a series of leg exercises to work your quads, hamstrings, glutes and calves!

BACK & BICEPS

TUESDAY

You will be training this once a week. Going with the back-with-biceps route is a smart and efficient way to work your upper body. Since both muscle groups perform a **pulling motion** and the biceps are involved in most compound back exercises, training them together allows you to maximize your time in the gym. A wider back also gives the illusion of a smaller waistline.

CHEST, SHOULDER & TRICEPS

WEDNESDAY

This is on Wednesday. Ladies, despite what you may think it's **VERY** important that you train your chest, shoulders and triceps. Don't think because you have skinny arms already that you don't need to work your upper body. Also if you have stubborn fatty arms, using weights will help tone them! Don't just train for a big butt only, It does

not work that way! And don't think you will not have muscular arms either. Not only are the chest, shoulders, and triceps referred to as the **push muscles** because of how they collaborate to push resistance away from the body, your chest muscles (a.k.a. pectorals) play a huge role in your ability to stand proud and tall. Your triceps are your secondary movers for all types of exercises that fire up your chest. And for the ladies who constantly ask if they can grow your boobs with exercises, unfortunately you can't BUT chest exercises help tighten and lift your pectorals which can makes your breasts appear fuller.

GLUTES/BOOTY DAY

THURSDAY

Its very important to isolate your glutes. This is why you have one day in your week specifically focusing on that booty. This helps to build that booty definition and enhance growth! Strong glutes and hamstrings can help improve posture, alleviate lower back, hip and knee pain, enhance athletic performance, and more! Plus a nice toned butt looks great in jeans!

Abs- You will notice, there are no days set aside for just Abs and this is because, as I stated earlier, you will be training Abs each day. So after each workout you will have 2-3 Ab exercises to complete as your finisher. Of course, you're more than welcome to add ab exercises of your own. Need more Ab exercises? Purchase my **AB TRAINING** plan.

CARDIO/WARM UP- There is a stretch routine and brief warm up provided you. You are required to do any cardio or warm up circuit of your choice if you wish, pre or post workout. If you already have one in place, you have the option to stick to it. This could be Skipping, Treadmill, Jogging, Aerobics, Cycling, etc! Keep your cardio circuit between 15-25 minutes long. You DO NOT want to do excessive cardio because you will burn away muscle tissue. Remember you're trying to be Slim Thick so you don't want to lose that booty.

PROGRESSIVE OVERLOAD- It's very vital that you progress throughout your training especially if you want to stimulate muscle growth. The progressive overload principle basically states: In order for a muscle to grow, strength to be gained, performance to increase, or for any similar improvement to occur, the human body

must be forced to adapt to a tension that is above and beyond what it has previously experienced. WHAT DOES THIS MEAN? Simply put, do more than you did before. Lift heavier, add more reps and sets as you go along. When you get comfortable with a particular weight, intensify that exercise by adding more weight or doing more sets/reps.

TOOLS YOU MAY NEED FOR THIS PROGRAM

This is a gym based program so your gym should have all the equipment required for this plan however I strongly urge you to buy resistance bands! I use bands throughout my workout whether it's leg day or i'm training arms

- Resistance bands (you will see me using my SOfit bands: latex booty bands, cotton bands and pull up bands, in my demo videos.
- If you have weights like ankle weights, you can wear them during squats, kickbacks etc.
These are optional only.

PURPOSE OF THIS PLAN

I have designed this 4 week 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 whole 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? Work for it!

WARM UPS, COOL DOWNS, STRETCHING

For this challenge I have included a pre and post stretch routine and a mini warm up routine that 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 energy😊). Depending on the time of day I will train fasted then have a shake and a meal right 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.

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.

✓ 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.

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.

This is why it is SO important to use 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 work out 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

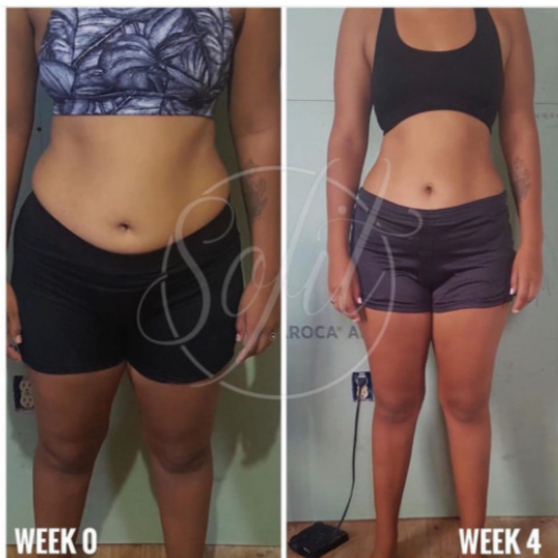
As you can see my favorite ways to activate my glutes involve little to no weight. Why the lack of weight? When we use weight we concentrate on the lift and the load not the muscle or the squeeze. This is all about activating the booty

#SOfitSquad



**SEE TRANSFORMATIONS
FOR MORE!**

#SOfitSquad



**SEE TRANSFORMATIONS
FOR MORE!**

REAL PEOPLE, REAL RESULTS!

For any successful fitness journey you have to be consistent over a period of time in order to get the best results. There's no set date on your calendar that tells you when you're done or when you see results. Results are progressive. Don't think your fitness journey ends after one SOfit Challenge. Endeavor to sign up for more challenges after this to keep you refreshed and accountable to your goals.

The reason why so many women have succeeded with my program is because they stayed consistent not just with their exercises and their nutrition but by putting their goals first. Discipline your MIND and your BODY will follow. Push yourself. Stop saying you can't eat healthy. If you can wake up each day and eat junk food, you can also eat healthy. It's your hand putting that food into your mouth. It's all about priorities babes. I hate excuses which is why I don't make them. YOU are in control.

I advise you to continue this program even after 4 weeks.

Here are my 8 tips to stay motivated during this and any fitness program!

- 1. Take it one day at a time. Don't jump on the scale everyday and get depressed if it doesn't move.*
- 2. Surround yourself with positivity. ...*
- 3. Create a vision board.*
- 4. Create a mental image of a future you. ...*
- 5. Make specific, realistic goals with deadlines. ...*
- 6. Remember to reward yourself. One cookie doesn't hurt. Don't just eat it everyday. Everything in moderation.*
- 7. Be kind to yourself and acknowledge your positive attributes, as well as progress. Celebrate your wins babe.*
- 8. Never compare your progress with others especially myself! 💕*

DELAYED ONSET MUSCLE SORENESS/ (aka DOMS)

You know the sore feeling you get a day or two after a workout and you can't walk, climb stairs or sit properly? This is very normal and referred to as DOMS. You won't feel **DOMS** during a workout. Pain felt during or immediately after a workout is a different kind of muscle soreness. It's called acute muscle soreness.

What causes DOMS

High intensity or any form of new physical activity your body isn't used to can cause tiny, microscopic tears in your muscle fibers. Your body responds to this damage by increasing inflammation, which may lead to a delayed onset of soreness in the muscles.

DOMS can affect just about anyone, from elite athletes, professional trainers (like myself) to beginners, to people who haven't worked out in a long time. Like I said, feeling immense body gains after your workouts is completely normal.

So, no matter your level of fitness, DOMS may strike whenever you turn up your workout intensity, perform eccentric exercises, or try a new kind of exercise your body isn't used to.

Is soreness a sign of a 'good' workout?

Some people think that unless you feel super sore after *every* workout, you're not making any fitness gains. But is this true?

No. When you start a new exercise routine or push your limits, you're more likely to get sore. But as you keep working out, your body adapts.

You may feel less and less sore with each workout, but that in no way means you're not working out hard enough or that you're

missing out on fitness gains from those workouts.

Keep moving to ease sore, stiff muscles

You might be tempted to rest and avoid all exercise and movement when DOMS strikes, but unless it's severe, hitting the couch for the day may only worsen pain and stiffness, not ease it.

Listen to your body. If your DOMS is bad, you may need to take a day of complete rest to give your muscles a chance to repair.

EXERCISE ALTERNATIVES

Exercises can be categorized by their primary movement patterns.

If there is an exercise you aren't able to do or that doesn't feel right, maybe you have bad knees or bad back, you can substitute it with one of the exercises from the same category.

SQUAT

1 1/2 Rep Squat

1 1/2 Rep Sumo Squat Front Squat

Goblet Squat

Rolling Squat

Sissy Squat

Squat

Squat Into Calf Raise Squat Press

Squat Pulse

Squat Up And Down Sumo Squat

HIP HINGE

B-Stance RDL Clean And Press Glute

Kickback Long Leg March Reverse Hyper

Romanian Deadlift

KNEE FLEXION

Hamstring March Lying Leg Curl Sliding Leg Curl

Bulgarian Split Squat Chair Pistol Squat

LUNGES

Curtsy Lunge

Elevated Lateral Lunge Elevated Split Squat

Heel Touch Lunge Inner Leg Lift

Jumping Lunge

Lateral Squat

Lunge

Narrow Stance Lunge Reverse Lunge

Reverse Lunge OH Hold Skater

Step Up

VERTICAL PUSH

Arnold Press Around The World BW Lateral

Raise Lateral Raise

Pike Push Up Shoulder Press

BRIDGE

Frog Pump

Glute Bridge

Heels Elevated Glute Bridge

Hip Thrust

Single Leg Hip Thrust Single Leg Glute Bridge

HIP ABDUCTION

Fire Hydrant

Lateral Walk

Lying Hip Abduction Seated Hip Abduction

Standing Hip Abduction Straight Leg Lift

HORIZONTAL PUSH

Chest Press

Cobra Push Up

Diamond Push Up Kneeling Diamond Push

Up Kneeling Push Up

Power Push Away

Push Up

Push up Renegade Row

Rotational Push Up

CORE FLEXION

Hip Lift

Leg Raise Reverse Crunch

CORE ROTATION

Bicycle Crunch

Cross Body Under Kick

CORE STABILITY

Commando

Get Up

Mountain Climber

Plank Leg Kick Into Knee In Plank Shoulder

Tap

Prone Arm Circle

Reverse Plank Knee Tuck Reverse Plank Toe

Touch Side Half Plank Knee Elbow Side

Plank Knee Elbow Superman

FAQ's

My most frequently asked questions

1. *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. By keeping your workout regimen 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). However, there are days I am 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 them done and I make sure I train at least five days weekly.

2. *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 unbearable 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. I personally do not eat breakfast because I prefer to train fasted. If I eat before my morning workout I feel heavy, bloated and just uncomfortable. Right after my workout I take my whey protein and eat a high carb meal to get back all my energy.

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

Your workout was designed to be done once a day.

4. *Can you do Round 1 in the morning then Round 2 in the evening?*

Honestly, I encourage you to complete both rounds at once. Your workouts should not last more than 2hours!

5. *Is it just five videos for the entire Gym plan?*

Yes! For the gym plan you have five videos (two rounds each day. There's a different

video for Round 1 and Round 2) . These videos are split up into five different training splits and you are required to follow each.

TRACK YOUR PROGRESS!

Babes, tracking your progress makes it more likely to reach and surpass your goals. It allows you to be more efficient in your time and workouts. And lends accountability to yourself and your goals. You should always set new fitness goals and give yourself a reward for reaching them.

Below you have a weekly workout tracker where I encourage you to write down your workouts, and what you were able to achieve each day.

Don't forget to submit your progress pictures!

Weekly Workout

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

SoFit

Weekly Workout

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

Solo

Weekly Workout

MONDAY:

TUESDAY:

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Solo

Weekly Workout

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

SoFit

SUPPORT

For support, please email support@sandraokekefit.com. I love to connect on social media, but unfortunately I cannot keep up with DM's or explain things in details in the comments. Please do not DM questions about my challenges! For any questions or remarks, please email support@sandraokekefit.com and we'll get back to you as soon as possible!

DISCLAIMER

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Always consult your physician or qualified health professional on

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All content in this eBook has been written by Sandra Natachi Okeke (Certified Fitness Trainer) from SOfit Global Ventures Ltd. Consulting with your medical/health care practitioner before starting with this eBook is strongly advised.

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