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Weight Loss

4 WEEK PLAN

Dont forget to take your
progress photos!



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Hey You!

It's workout time! Get ready to shred and shape and look the best YOU!

As a coach, my core beliefs revolve around mindset, consistency, and discipline. With the correct training & nutrition, I was able to transform my shape. If I can do it, you can too! Over the past few years, I have helped thousands of women discover their inner strength and transform their lives. I do not sell unsustainable programs that get you shredded fast, rather, I preach the value of lifestyle change, empowerment through education and movement, and creating healthy habits that will last you a lifetime.

You have no idea how excited I am to share this guide with you. My Weight/Fat loss challenge is a complete home based plan BUT don't be

fooled by the word 'home', you're in for a treat. Your workouts will be fun yet challenging and very effective if you stay committed.

This challenge isn't just to help you stay active. It will enhance other aspects of your life as well to build your confidence and discipline, make you feel strong and in control, and work on yourself for yourself. Hope you're ready?



*if you're tired,
do it tired!*

MOTIVATION

I get it. Online programs can seem a bit daunting. Most people think they need a personal trainer, in their face yelling motivational words to them in order for them to put in the work. Well, it's time for some real talk. Relying on someone else to motivate you to getting to your goals isn't your best bet here.

I say it a million times, and I'll say it again. You **cannot** rely on motivation to get anything done. There will be days where you don't feel like doing your workout. There will be sessions where you will get frustrated because you weren't able to complete your sets or get through the final round. That happens! Even to me. Show up. Try again.

It's up to you to keep yourself accountable. Get used to pushing yourself on a daily basis. It is

your responsibility to reach your results. Only you can do it for you. No one else. But at the same time, it is also important to be kind to yourself. Did you fall off track? That's ok. Just try to get back on it as quickly as possible.

I'm not going to lie to you, it will not be easy. But it is so worth it. Even if you are busy, make it a priority. Make yourself a priority!

THIS PROGRAM

I've developed this 4 week plan to help you lose unwanted body-fat and tone up. I've helped hundreds of women transform their bodies through guided strength-training workouts, and nutrition catered to every individuals' body type.

This full-body program requires discipline and commitment. Those who stay on track with both the workouts AND diet, achieve the best results. You'll be training 4 days a week.

Workouts will progressively become more challenging over the whole 4 weeks.

This is a home-based plan including a lot of bodyweight exercises that don't require additional resistance to be effective.

But, you'll see me add some different forms of resistance bands here and there. I recommend you get bands too!

If you don't have resistance bands or dumbbells, you can also use something else that is the right weight and easy to hold. Make sure to listen

to your body and evaluate your form before adding resistance. Resistance bands are a great accessory, as they don't take up a lot of space and they can add a lot of extra resistance.

Shameless plug here? I think it's time! Check out: sandraokekefit.com to find your favorite workout accessories.

HOW HEALTHY FAT LOSS WORKS

Read that again. HEALTHY fat loss. Most people think to lose fat they need to go on stupid diets where they starve themselves of food for hours on end. Not here. Healthy fat loss is sustainable. Simply put, our body burns fat effectively by exercising on a regular basis and eating healthy daily. Consistency breeds results.

Lucky for you, you have a program already mapped out for you, but it's up to YOU to hit every workout and eat healthy every day so you can see visible results in 4 weeks. Now read *that* again! VISIBLE results. Your journey doesn't end with this program. 4 weeks isn't a enough to reach all your fitness goals. There are no quick fixes here.

FURTHER FAT LOSS TIPS

- **TRAIN CONSISTENTLY!** Your goal should be to hit every workout in this program. 4 days minimum is a **MUST** to achieve the best results. You can add in an additional day and make it 5 days. If you happen to miss a workout, make it the up the next day.

Complete every workout in order as listed. You don't have to follow the exact days, just make sure you're going in order. You have 3 active rest days weekly, proper recovery is very important. Our muscles don't grow when you're training them, they grow during recovery!

- In order to burn fat while still gaining lean muscle you must not go over your calories. To lose weight you **MUST** be in a caloric deficit, meaning **BURN** more calories than you take in. In order to gain weight, you have to be in a

caloric SURPLUS, meaning intake more calories than you burn. BUT, in order to gain weight without gaining a gut, you MUST eat healthy. I'll speak more on how to count your calories later.

- Stay away from junk food, candy, soda (coke, fanta, carbonated drinks), sugary condiments, fried foods, processed foods, “instant” meals. You want to eat as fresh as possible. Drink as close to a gallon of water everyday. [HACK: Drink a glass of water 30 minutes before your meal] so you feel full and this prevents overeating.



today, be the
badass
you were too lazy to
be yesterday!

BODY TYPES, CALCULATING CALORIES/ MACROS

First, what are calories and Macros?

Macro- is short for 'Macronutrient'. A source of energy.

Our body's 3 main energy classes are: Carbs, Protein & Fats. It is **ESSENTIAL** to intake all 3 of these macronutrients daily in the correct amounts to ensure we remain in a caloric surplus.

Calorie- Everything we eat has calories. Except water, water has no calories. Some foods have higher calories than others. A calorie is a unit of measurement but it doesn't measure weight or length. A calorie is a unit of **energy**. When you hear something contains 100 calories, it's a way

of describing how much energy your body could get from eating or drinking it. Calories aren't bad for you. Your body needs calories for energy. But eating too many calories and not burning enough of them off through activity can lead to fat/weight gain.

There are 3 main body types: Ectomorphs, Mesomorph, & Endomorphs. Each body type responds differently to macronutrients, so we base our calculated macros [Carbs, Protein & Fat] on our personal body type. Read the descriptions below & choose the body type that best reflects yourself.

Ectomorphs: like me 😊

- Are naturally thin with skinny limbs
- Have a high tolerance for carbs

- Have a naturally fast metabolism making it difficult to gain weight (muscle or fat)
- Their macro ratio would be best at:

50% Carbs, 30% Protein, 20% Fat

[This means if I calculated my calories at being 2800 calories a day, 50% of my calories

would come from carbs, 30% would come from protein, & 20% would come from fat. Makes sense? Awesome!]

Mesomorphs:

- Are naturally muscular & athletic with wider shoulders; sometimes described as being “solid”
- Not usually overweight or underweight • Gain muscle & fat fairly easily
- Their macro ratio would be best at: 40% Carbs, 30% Protein, 30% Fat

Endomorphs:

- Are naturally broad & thick with a larger frame
- Gains fat easily, making it difficult to lose weight
- Low tolerance for carbs

25% Carbs, 40% Protein, 35% Fat

Great! Click this link here

<https://www.calculator.net/calorie-calculator.html> to calculate your daily calories. Fill out the quick form, click “Calculate”. You will see different numbers depending on how much weight you’d like to lose or if you would like to maintain your current weight. Choose whichever number you KNOW for a fact you can hit every single day and write it down!

In your nutrition guide i've provided you with a shopping list to make shopping for your macronutrients (carbs, protein, veggies) easier!

NUTRITION TIPS FOR WEIGHT LOSS

Even though your nutrition guide contains tips to get the most out of your plan, i'll reiterate it again :

1. Drink WATER! Your goal should be to drink around 4-5 16oz water bottles a day.
2. Make sure your breakfast is packed with protein & fiber! Protein & fiber take longer to digest, therefore keeping you full longer.
3. **Optional-** Drink coffee [BLACK coffee, not sugar & cream-filled coffee]. The caffeine can be used as a natural pre-workout and is proven to boost your metabolism!

4. Cut back on added SUGAR! Read the label on everything & check sugar content. Anything over 15g is too much. The goal is to intake as little sugar as possible. [Fruits are okay in moderation].

5. TRACK. YOUR. CALORIES & MACROS. This will make or break your results! If you're not tracking your macros you could be over eating carbs or under eating protein.

6. PREP YOUR MEALS IN ADVANCE! When you fail to plan, you plan to fail. You don't have to meal prep out an entire week. If you get bored easily, meal prep for only 2 days. Then prep a new set of meals for the next 2 days.

7. EAT GREENS! Greens should be added to every single meal, even breakfast. They're rich in fiber & water. Both of which are great for fat loss!

8. EAT ENOUGH PROTEIN! Protein is the single most important nutrient for fat loss. Muscle is made up of protein, & muscle increases our metabolism, burning more body-fat. If you're having a hard time meeting your number, add protein shakes into your diet to help!

9. Eliminate junk foods, processed foods, fast foods, soda, processed fruit juices, alcohols etc. I cannot overemphasize this point!



*the body achieves
what the mind
believes*

TRAINING CALENDAR

Your 4-week program will consist of a full body workout! You will be training your abs, legs, arms and glutes 4 days weekly. Please complete your sets and reps as instructed for each exercise.

I have included cardio routines in each day so that you can keep that heart rate up and that fat burning!

TRAINING TIPS

- If you opt to train at the gym, increase your weights weekly. Your workouts will change about 2-3 weeks. Your goal is to increase your weights every single week; sometimes even increase weights intra-set. If I have 4 sets, I try to increase weight by 5lbs every set if possible.

You'll notice the reps will start off low then high, then progressively get lower. As the reps get lower throughout the program you should be increasing weights. You shouldn't be lifting the same weight for 18 reps, & 12 reps. Your weight should be higher for the 12 reps.

- Watch my videos for every movement to view correct form. Simply CLICK the day and a video will pop up. If you don't have correct form, you could get injured and/or not receive the full benefit of the movement.
- Mind-Muscle Connection is important. Don't perform movements carelessly. Focus, contract and relax the muscles being worked. Take your time, don't rush. For example, squeezing your booty as we come up from a hip thrust.
- Pay attention to rest times. Stay within the allotted rest times. Do NOT rest TOO long or too little!

- **TAKE BEFORE PICTURES** before you start the program! (Front, Back, & Side views) Use self-timer or ask a friend to snap before and after pictures so you can see your gains after you complete the program! Then submit them to me!

REST DAYS

As aforementioned, you are given 3 rest days a week. Friday, Saturday and Sunday! There are **No** workout videos provided these days. I recommend taking two rest days mid-week, and one **ACTIVE** rest day on the weekend totaling 3 rest days. The active rest day is still a day of rest however you can incorporate some light physical activity such as walking, jogging, swimming etc. 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.



**Be sure to tag me in
your videos and post
workout selfies**

**#SOfitSquad #SOfitChallenge
@sofit_ng @sandraokekefitness**

