

sandraokekefit.com



Beginner's

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)

## Hey you!

So you're a beginner? I completely understand where you are right now because I was there. "Every master was once a beginner." I understand the feeling not knowing what exercises to do most of the time, when to do them, or just plain being unmotivated. I am here to help guide you.

This 2 week plan is to provide individuals at all fitness levels with a guide, an exercise program that can be completed at home or wherever you feel most comfortable. It is designed to use your own body weight or resistance bands so very limited gym equipment is required. I encourage you to purchase some Sofit Resistance bands for this and any program you'll embark on in the future.

The Beginner Program is designed for those who are new on their fit journeys, or have a basic level of fitness (that is, they are able to walk comfortably for 30 minutes) or those who have completed any one Sofit Challenge! This is just a provision to basic workouts you can do anywhere to stay fit. There are only 10 exercises available in this plan.

## WHAT TO EXPECT FROM THIS PLAN

There are just 10 exercise videos for this plan. These are handpicked workouts that you can do anytime to stay fit. This plan isn't for any specific individual and doesn't target any specific goals. These are just a compilation of basic, beginner compound exercises you should do.

*How should you feel?*

The exercises should feel challenging, but comfortable enough to complete. If you feel short of breath, stop exercising for a minute or two, regain your breath and then you should be able to continue. If you remain short of breath and/or are concerned, consult your doctor before continuing.

Your muscles may feel tired and sore after carrying out the exercises in the program – this is normal! You are simply using your muscles in a way you are not used to so being in pain and not being able to sit or climb properly days afterwards is absolutely normal. If you feel severe discomfort or you feel as if the pain is not muscular, consult your doctor immediately.

What results can you expect?

[sandraokekefit.com](http://sandraokekefit.com)



**Motivation is what gets you started,  
Consistency is what keeps you going!**

## **Commitment is Key!**

Commitment and consistency is the key to getting anywhere in life and in your fit goals. Don't expect to see significant results in one day or a week or a month. Results are progressive and you must commit to being fit. This is a journey and a lifestyle not a destination. There are no "set days" to when you begin to see progress.

Ensure you carry out the full program three times a week even after two weeks! The biggest mistake people make is setting unrealistic goals. Expecting results in so short amount of time and forgetting this is a journey.

You should also eat a balanced meal while carrying out this program. This will ensure you have the energy levels and nutritional balance to gain the full benefits. More nutritional information are provided further along this guide.

## **BENEFITS OF PHYSICAL EXERCISE**

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase

heart rate at a safe level according to your fitness. Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism so even after you finish exercising your body will continue to burn fat. Burning fat is GOOD!

By completing 30 minutes of moderate exercise per day you can:

- Reduce your risk of heart attack and heart disease. • Reduce your risk of having a stroke.
- Achieve and manage a healthy body weight. • Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.

## **BEGINNER'S GUIDE TO WORKING OUT**

Its very important to set a goal for your new workout program. A realistic goal. Write out your smart goal (a goal that is specific, measurable, attainable, relevant, and time-bound). Post it in a place where you will see it on a regular basis. This will serve as a regular reminder of your commitment. 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.

## **How Much Exercise Is Necessary for Beginners?**

When you are just getting started, setting a realistic time goal for exercise is key. You don't need to sweat for hours every day to gain health benefits. Just a few minutes each day can make a real difference in the way you look and feel.

## **LIFTING WEIGHTS FOR BEGINNERS**

Regardless what your fitness goals are, strength training is absolutely necessary! And it’s not just for the guys. A lot of girls have this fear that they will start looking “muscular” if they lift weights or use resistance. It’s like there’s this common misconception that as soon as a woman touches weights, she’d wake up looking like a bodybuilder.

If you want to a strong, toned body with an hourglass physique, don’t be afraid to lift.

As a beginner it’s great if you want to start with home or gym workouts. Do what’s comfortable for you. Yes,



perhaps years down the line, it may benefit you to invest in a gym membership. The truth is that our muscles get used to the same weight & resistance over time, so if your goals include building your legs, glutes, etc, you will have to constantly increase 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. If you opt for gym training, start light. Begin with 3-5kg dumbbells and weights and as you begin to get stronger, increase your weights each time. Do not be afraid of lifting heavy.

## **HOW TO DEAL WITH MUSCLE SORENESS**

So you've decided to focus on getting a little healthier and you start an exercise program. Your first workout goes great, and you're really proud of yourself. That is, until the next morning when you're so sore you can barely move. You ask yourself, "What happened? Did I do something wrong? Did I do too much?" Don't let muscle soreness after a workout get you down!

I was once a beginner, I know how hard it was to get over the soreness after my initial workouts. Even til now I still get sore! I know this is one of the reasons

why a lot of people discontinue any physical activity so read carefully!

Here's what you need to know to prevent that soreness from derailing your workout program.

Muscle soreness is a side effect of the stress put on muscles when you exercise. It is commonly called Delayed Onset Muscle Soreness, or DOMS, and it is completely normal. DOMS usually begins

within 6-8 hours after a new activity or a change in activity, and can last up to 24-48 hours after the exercise. The muscle pain is due to inflammation within the muscle, which is one of the main triggers for this muscle soreness.

You are most likely to experience delayed muscle soreness after one of the following:

- Starting an exercise or workout program for the very first time
- Adding a new activity or exercise to your workout.
- Increasing the intensity of an exercise already in your program (increasing the amount of weight lifted, number of repetitions, or speed)
- Performing the same activity over and over again without a sufficient rest break.

All people are affected by muscle soreness, even professional trainers like me! -and other professional athletes. The good news is that normal muscle soreness is a sign that you're getting stronger, and is

nothing to be alarmed about. During exercise, you stress your muscles and the

fibers begin to break down. As the fibers repair themselves, they become larger and stronger than they were before. This means that your muscles will be better prepared to handle the stress the next time you work out.

## **HOW TO EASE THE SORENESS**

### **1. TAKE A Epsom salt bath**

Using Epsom salts in a bath soak help muscle restoration by supplying your body with the muscle-relaxing

mineral Magnesium. Magnesium is a primary component of Epsom salt. It's a mineral that the body needs, and, unlike other minerals, is absorbed through the skin as you soak in the bath.

### **2 Alternate muscle groups**

While many advocate two days between workouts involving the same muscle group, there's no one-size-fits-all solution for recovery time. So the best assurance that you are giving your muscles the rest they need in between workouts is to alternate the muscle groups that you focus on each day.

### **3. Drink BCAA's**

Branch Chain Amino Acids are a group of three essential amino acids: leucine, isoleucine and valine. They are essential, meaning they can't be produced by your body and must be obtained from food. BCAAs have been scientifically found to reduce muscle soreness and fatigue when consumed during or after your workouts. My BCAA supplements are from women's best and they taste great! And yes Supplements are safe!

#### 4. Hydrate

Drinking enough water ensures that those nasty toxins trapped in your muscles that make DOMS even worse get flushed out faster, and that your muscles are hydrated enough to stay supple. Dehydrated muscles become tight and easily

injured, so try to keep them hydrated by drinking at least half of your bodyweight in ounces of water a day.

#### 5. STRETCH

#### 6. Take a day off

Since sore muscles are already compromised with slight damage, it's important to not keep pushing through the pain with tougher workouts. Consider a total rest day if the soreness is intense.

7. Finally, the best way to relieve muscle soreness is to perform some gentle exercises, like walking or

light stretching or yoga. It may seem counter intuitive, but the more you move, the faster the discomfort will go away! So should you continue training even when sore? Yes. As long as the pain isn't severe, push through.  
**TIME TO STRETCH!**

## **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").

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.

## 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 and even weighing yourself 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 may 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 pile of clothes behind you!

## **THROW YOUR SCALE AWAY**

Now, I know I am not the only one who has experienced the following scenario. You wake up, weigh yourself, and you're feeling pretty good about the number you see. You go about your day, living like a regular human being. You weigh yourself again come evening, and somehow you've gained 4 pounds in 12 hours. 'WHAT DID I EAT?!?!' you exclaim. And then you proceed to have a mental break-down because you can't believe it. You become dissatisfied and discouraged and begin to question your progress. Take that scale and throw it AWAY boo boo.

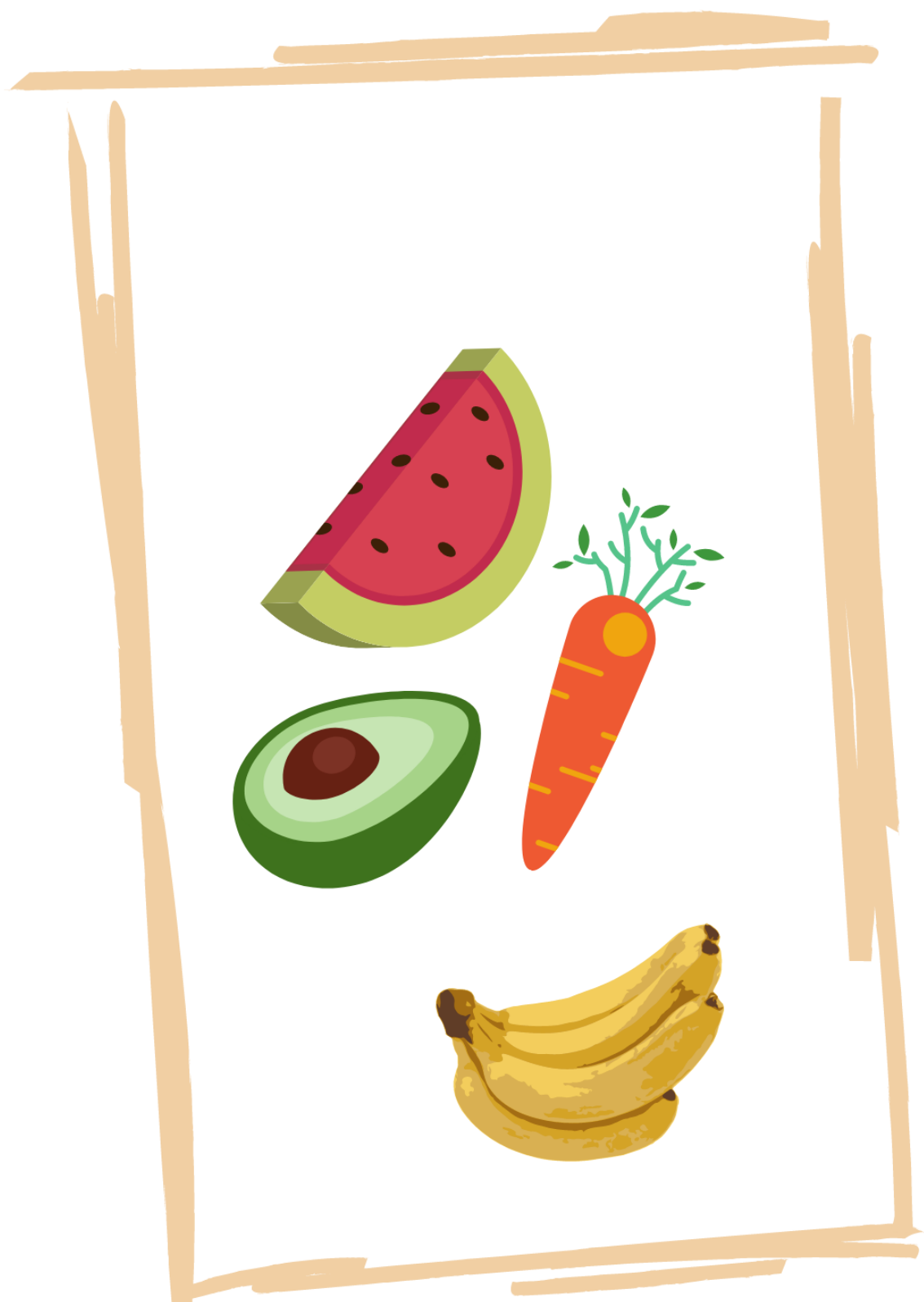
I mean it. Why?

Traditional scales are misleading. Just having a meal and drinking an adequate supply of water can make



you 'gain weight', and simply going to the bathroom to pee or even poo can relieve you of a few extra pounds. Most importantly, muscle is more dense than fat - meaning muscle that occupies the same amount of space as fat actually weighs more. (google an "image of what 1 pound of fat vs. 1 pound of muscle" looks like.)

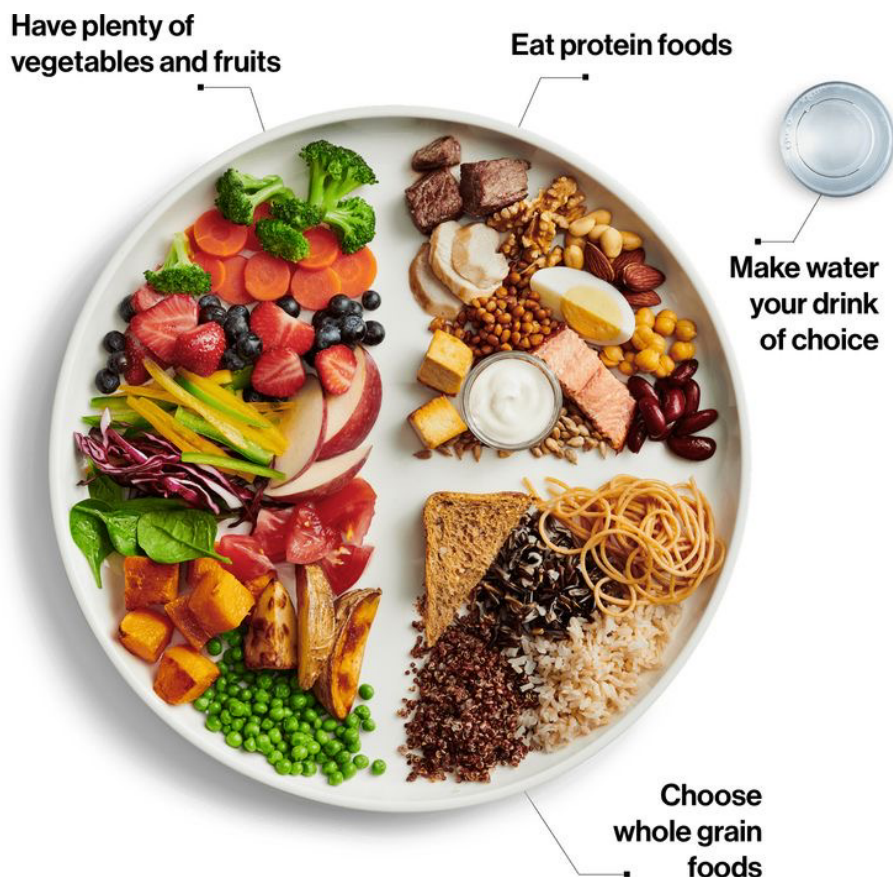
You'll notice that as you lose fat and start toning up, the number on the scale might actually go up or stay the same - and that is TOTALLY normal. I am 5'4 and I weigh 64kg/ 138 lb. When I tell people this they look so shocked - they tell me I 'look' like I weigh less. There are girls who look 'bigger' than me, and they weigh less than me. DO NOT measure your self worth or your progress by the number on the scale. If you absolutely need a scale, invest in one that measures body fat %. The way these scales work is through Bio Impedance Analysis (BIA) – basically an undetected electrical current that is transmitted through your body via stainless steel pads on the scale. This measures body fat percentage, muscle mass, bone density and water weight. Just remember that the numbers it gives you are just ballpark figures and have a pretty large margin of error. At the end of the day, you are doing this because you want to look and feel good, so that's how you should judge your progress - by how you look and feel.



## NUTRITION TIPS/ YOUR MEALS

Often times when people embark on a fit journey they're nervous about the food. "What should I eat? What should I not eat? *When* should I eat?"

And a lot of people think that if they want to be fit they'll have to eat only salads and dry chicken and cut out food groups like carbs or worse, they have to go on crazy diets that'll only leave them starving and hungry for hours throughout the day. This is such a myth!



You should be able to eat, be full and enjoy your meals and still get the desired results! This is called Clean Eating.

If you look at the photo of a Healthy Eating plate above you'd see division of veggies, carbs, healthy fats, protein and fruits (optional). The main message of the Healthy Eating Plate is to focus on quality. The type of carbohydrate is more important than the amount of carbohydrate in the diet, because some sources of carbohydrates—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others. Your nutrition should be about quality over quantity!

## **YOUR HEALTH**

The food we put in our bodies affects so much more than the weight we gain and how our bodies look from the outside. It affects our health, our mood, our sleep, our energy levels, and so much more.

In the course of eating healthier, you will be experiencing many different changes, some of which may not be so easy. You may have increased cravings due to removing salt, sugar and processed foods. Some other, more positive changes will be increased energy levels, decreased bloating, and overall feeling a lot better than you usually do. When you are in a routine of eating processed foods and food with little

to no nutritional value, you don't realize how badly it affects your body because you are used to feeling that way. Once you remove those foods from your diet and start providing your body with the proper nutrition and fuel it needs to efficiently run through the day, you will see how your body was designed to feel - energized, happy, healthy.

You will experience first hand how drastic the difference is in how you feel, and this is when you will see just how important the food you put into your body is to your health and overall well-being.

The actual reasons and motivation for eating healthy may vary from person to person, and your personal reasons can even change from time to time. Whether it's for your health, or to look and feel good about yourself, I say, run with it! Find what motivates you, what inspires you to live a healthier life, or even who inspires you, and continually remind yourself why you embarked on this journey. No one said it would be easy, but I will tell you, it will be worth it!

## **HOW TO EAT/PLAN YOUR MEALS**

Eat three main meals and two to three snack meals (total: 5-6 meals) a day.

*Isn't this too much? Won't I get fat?*

No. Contrary to popular belief, eating more doesn't mean getting fat. If you're eating a lot of junk food and foods that provide little to no nutritional value then you should be worried about fat! However, eating more healthy meals actually lowers your risk of putting on unwanted fat. And despite weight loss or muscle building goals, you must eat!

Each meal should consist of whole, natural foods; foods that aren't packaged, processed, or preserved. Sad to say, indomie has got to go! Each main meal should be balanced with

1. **lean protein:** white meat, white fish, egg whites, quinoa etc complex carbs: Sweet potatoes, rice, beans, pasta, whole grains
2. **vegetables:** Broccoli, Spinach, Cucumber, Carrots, Arugula, etc
3. **Healthy fats:** Avocados, Chia Seeds, fatty fish, Nuts etc

Focus on nutrients, not calories. Avoid foods that are processed, refined, fried, high in saturated fats, high in trans fats, and high in sugar content. No fast food. Be conscious of your portion sizes and savor the food you are eating. Take your time! You will notice that it takes less food to feel satisfied if you eat more slowly.

Drink a minimum of 2-3 liters of water a day. (add 1 liter if you are exercising regularly). Eat every two and a half to three hours. This will help keep you energized, able to burn calories efficiently throughout the day, and will help regulate your metabolism.

## **MEAL PREPPING**

If you have a busy, on-the-go life, meal preparation is going to be your key to success. A lot of times, the reason why it's so hard to stick to a healthy eating routine is because life gets in the way! That is a fact. Time will fly right by us and we all of a sudden find ourselves very hungry and with barely 10 minutes to eat. What do you do in this situation? Typically, you grab the first thing that's near you or the fastest meal to-go, and 9 times out of 10, it doesn't come close to falling within your healthy eating routine. This is where meal prep will prevent that from happening.

Meal preparation allows you to be just that - prepared! Even the busiest of days won't be able to knock you off track.

Let's say you're not even having a busy day; you're at home, relaxing. You begin to become hungry (whether it's physical hunger or emotional hunger, that's for you to decide 'cus yup, there's a difference!) and you go to the kitchen. Your meals aren't prepped



and to top it off, you haven't gone through your fridge and pantry to get rid of the left over processed, packaged foods. So what do you do?

Meal prep removes those impulse decisions of grabbing or cooking something unhealthy. If you already have your meals prepared or planned, you won't be put in the position of standing in front of your fridge scanning for what looks good in the moment. When you are still adjusting to a healthy lifestyle and following your meal plan, those moments of hunger will be so important to have your meals prepared in order to keep you on track.

Remember that food is there to fuel and nourish your body, and there is a time and place for indulgence - absolutely! But first we need to get you on a routine and get to you a point where you can indulge, yet learn when to "no" or when to say "that is enough". It's about moderation and once you are in that routine, those little indulgences won't hurt you. Additionally, meal prep will save you time and money! You will begin to learn the exact portions you need for your meals through the week which will lead to less food waste, and taking the one or two days a week to prep the following days' meals means that during the week you will spend less time cooking and have more time for your other responsibilities, family, and friends.

# 5 MEAL IDEAS

## **BREAKFAST**

Quaker Oats with your choice quantity of milk, a side of 3 boiled eggs, sliced Avocados and any ONE fruit of your choice.

glass of water, tea or coffee.

- Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

## **LUNCH**

1 ½ cup of rice and stew, a side of veggies (can be ugwu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

## **DINNER**

Boiled/baked potatoes or Boiled Yam with vegetable sauce cooked with no oil just water. Glass of water -

## **SNACK**

1 Green apple with 1 tablespoon of peanut butter,  
half a slice of Avocado

## **YOUR JOURNEY DOESN'T END**

Your journey does not end here squad!

I am so happy and proud that you have picked up this plan. I truly hope this plan has motivated you to make a healthy change in your life. I also hope it helps you see that to be fit and healthy you don't have to give up everything you enjoy or dedicate hours a day to working out. It all starts with small changes and better habits.

As always, I would love to hear your feedback. Please send me your progress photos too, I would love to share your results with the rest of my fit community. By purchasing this guide you have also shown me support and I honestly could never have gotten to this point without you! I will forever be grateful to all of my followers, subscribers, and to the members of my SOFit Family.

And thanks to you all, I can keep saving the world, one beautiful body at a time!

Love, Sandra

## FAQ'S (FREQUENTLY ASKED QUESTIONS)

### My most frequently asked Questions

#### *1. As a female, Won't I look too "masculine" if i'm lifting heavy weights?*

Absolutely not. 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 boy (unless you are a boy 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!

#### *2. Won't I gain 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. 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.

### *3. 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 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.

### *4. 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 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 up my energy.

Good luck!