

GET READY TO

*Glow
Up*



GLOW UP PRIZES

We will be rewarding the top 3 transformations of this program. BUT in order to be eligible for any of our prizes you must follow our criterias as there will be no exceptions for anyone:



Submit your "WEEK 0" photos before the program start date and your "WEEK 6" photos at the end of this program! You can submit your photos via email at sofit.ng@gmail.com or upload them via the site. These photos should:

a. Be taken under good lighting, these pictures should be full body and not have any emoji's covering up your face.

b. Your pictures should be a front, back and side full body view

c. You should be properly dressed in these images where your physique is visible. NO COVER UP CLOTHING. Either wear a sports bra and shorts or a bikini.



Make use of your Instagram stories and feed by posting your program updates several times a week or posting each day. We want to see that you were actively participating in this program. This could be posting workout clips, your meals, selfies. Make sure you use the hashtags **#SOfitGlowUpChallenge** and tag **@sandraokekefit** and **@sofit.1**

Failure to meet any of these requirements, will not grant you access to win any of our cash prizes even if you had a great transformation. We like to be fair with every member of our community and give our prizes to the most active and deserving participant ☑



Example progress photos:

Front



Back



Side

By submitting your progress photos, you give SOFIT the right to use your photos across our social media platforms.

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www.sandraokekefitness.com

WELCOME TO YOUR 6 WEEK TRAINING GUIDE

My name is Sandra and as a coach, I have a no bullshit, no nonsense approach to fitness. My core beliefs revolve around mindset, consistency, and discipline. With the correct training & nutrition, over the past four years, I have helped thousands of women discover their inner strength and transform their lives. I do not sell quick fixes, fad diets, miracles or programs that get you fit fast, I don't condone slimming teas, waist trainers, weight loss pills, or anything that promises you "quick, easy results" because anyone who does what I do knows, this takes a shit ton of hard work and time! I didn't wake up fit, I worked for it.

I preach sustainability and the value of lifestyle change, empowerment through education and movement, and creating healthy habits that won't

just last you six weeks or however long my programs are for, but that will last you a lifetime. The lessons that you learn and the discipline you will build on this journey will unlock the tools you need to succeed in every aspect of your life. Not just fitness. Hence my founding motto- A healthy mind, in a healthy body. So lock in and get ready to succeed.

You have no idea how excited I am to share this guide with you. My 6 Week GLOW UP Challenge was created to help you, this New Year, go after your fitness goals. You know, those goals you've had for a while now? *cough cough*. This 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?

*your body can stand
almost anything*



*it's your mind you'd have
to convince!*

MOTIVATION

I get it. Online programs can seem a bit daunting. Most people think they need a personal trainer like myself, 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. If you need someone else to get you to take your life seriously, well, rethink life.

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 6 week plan to help you lose unwanted body-fat, get stronger and tone up. This is a full-body program and 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 6 weeks.

This is a home-based plan as stated before, it will include a lot of bodyweight exercises that don't

require gym usage to be effective. If you do however, prefer to incorporate weights, this is great.

Weightlifting is a great way to lose fat and tone.

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 my Accessories section for your favorite workout accessories

<https://www.sandraokekefit.com/product-category/accessory/>

YOUR 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.

PROGRAM GUIDELINE

Your entire program can only be accessible when you are logged into your account on sandraokekefit.com

Videos are not downloadable!

TRAIN CONSISTENTLY!

Your goal should be to hit every workout in this program. You will be training 4 days a week. If you happen to miss a workout, make it up the next day.

Complete every workout provided. You don't have to follow the exact days in the order that they appear, just make sure you're doing each video. You have 3 active rest days weekly, proper recovery is very important.

- 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. If you want to count your calories daily download MY FITNESS PAL app.
- 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.



the body achieves
what the mind
believes

TRAINING CALENDAR

Your 6 week program will consist of full body workouts! You will be training your abs, legs, arms and glutes 6 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. 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! **Please review the Glow Up Prize page**

