

4 Week
SLIM THICK



HOME



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Welcome!

I am so happy that you've chosen to take on this challenge. This means you are one step closer to achieving your fitness goals and making better, healthier choices. My programs are designed for the person looking to begin and maintain a healthy lifestyle, with zero 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, waist trainers- anything that gives you false hope of "quick results" because in fitness, there is no such thing. Just exercise consistently and eat healthier. Learn how to improve your relationship with food and learn how your body works when you treat it well!

Whenever I'm looking to really fine tune my physique in a short period of time I always lean towards this style of training. I think it's so important for girls to always take a healthy approach when looking to take their physique through a "slim thick" phase.

What I love about this program is it doesn't require any extremes. I work with you to maintain a tight and toned physique, whilst taking you through your shred. It's often difficult to maintain lean muscle AND lose body fat or just build muscle but I've found with this training program it's possible! The training style and structure throughout the 4 weeks is SO different to my other training programs. Have fun and train safely!

- Sofit x



Before you start

- 1.** IF YOU HAVE NOT ALREADY, Please purchase the accessories under EQUIPMENT. I recommend a set of our booty bands it can either be our cotton or latex bands, dumbbells or Ankle weights, mats (We do not sell these), and A skipping rope. You can purchase our SOfit Accessories from our website. Dumbbell Weights are optional only!
- 2.** PLEASE DOWNLOAD YOUTUBE APP as this is where all movements and exercises will be hosted. Don't worry, these videos are unlisted which means only those with the link can view the videos. These videos are not made available for the public!
- 3.** I AM ARE HERE TO SUPPORT YOU 100% through this challenge, so if you have any questions, you can email me at info@sandraokekefit.com
- 4.** PLEASE DOWNLOAD A PHOTO COLLAGE APP to compare your start images with your final and/ or halfway images. I.e. Your progress pictures!
- 5.** SOFIT HAS BUILT AN AMAZING COMMUNITY WITH THOUSANDS OF GIRLS. Our WhatsApp Support group is optional only and does not come with your program. You can request access to this group with +2348182404691 Keep in mind I have the right to approve or deny a request and remove a member in the group at any time! Please read the Support group guidelines !
- 6.** WE WOULD LOVE TO FOLLOW YOUR JOURNEY ON INSTAGRAM AND FACEBOOK; please use the tags: #sofitchallenge #sofitbootyandabs TAG @sofit_ngr @sofit1

WHATSAPP SUPPORT GROUP GUIDELINES

Our whatsapp groups are created if and only when we have 30+ requests. So if you are told that there are no whatsapp groups for this program this means we do not have enough requests in order for a group to be put in place. We encourage everyone to request to join a group so that we can see your progress 🍷

Our whatsapp support groups are for support only. This support doesn't just come from myself or my team but from you guys to each other. We want you to post your updates, meals, workouts. This can help motivate others to stay on track! Do not wait for a post from our team to motivate you. In as much as this group is available , you are responsible for your fitness journey. This group is also optional. We understand not everyone enjoys groups so you are free to exit if you ever feel overwhelmed by all the messaging.

- **please do not share promotional content, advertisements, videos of yourself or another individual etc that does not relate to this challenge. Failure to adhere to this rule will get you removed from the group. We want to keep our groups friendly, and spam free! This group will be deleted once this challenge ends.**

- **Any dissatisfactions, or suggestions are welcome as we strive to always improve our programs to our customers needs, however, blatant rudeness or disrespect towards any individual or team member is not tolerated. This will have you removed from our support group. We advise everyone to practice respect for themselves and others.**

- **Critique ideas, not people.**

- **Don't Give Out Sensitive Information. This should be a safe space for people to share their stories.**

- **Avoid Private Conversations in the Group.**

We encourage everyone to participate in the group. Feel free to post your workout videos, meal ideas, your gym selfies, food tips , your new SOFIT purchases, recipes etc!

EQUIPMENT

LATEX BOOTY
BANDS (2)



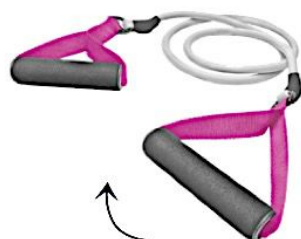
PULL UP
BAND (1)



SKIPPING
ROPE



COTTON BOOTY
BANDS (1)



GRIP
TUBE BANDS
(1)



CORE
SLIDERS
(A PAIR)



YOGA MAT
(OPTIONAL)

YOUR TRAINING SCHEDULE & HOW TO FOLLOW YOUR PLAN

This Challenge includes 4 weeks of different workouts. It's important to really familiarize yourself with your workouts BEFORE you begin, so that when you complete your session you're really giving it your all. Allow yourself to feel confident within the workouts and really push yourself!

I have structured one cardio/warm up routine into your program; however, if you have the time and motivation to add in additional cardio sessions into your weekly routine please feel free to do so. I recommend adding no more than 2 sessions per week.(30-45 minutes max) because you already have HIIT sessions throughout your plan.

Don't fall into the habit of going through the motions! Each workout is a new opportunity to better yourself. 4 weeks is all we've got, so stay focused and give every day your best! Read on for how to follow this plan.



YOUR TRAINING SPLITS

I know you have a ton of questions on how to follow this program, what to do, how to train. That's why I created this guide. A lot of your questions will be answered here.

This 4-week program is to help maximize growth in certain areas so your challenge is divided into 4 weeks and you will be training 5 days weekly. In order to access your workout videos you need to be logged in to your account on www.sandraokekefit.com/login only. Your videos will be viewed on your Members Area dashboard. If you see "Expired" please reach out to support@sandraokekefit.com so that this can be manually reset for you.

Your videos are demonstrated in 30-60 second clips. These are not timed videos, nor are they follow-along workouts. These are just demonstrating the exercise for you. You are required to complete the number of sets and reps given.

You should see Your videos labeled as WEEK 1, WEEK 2, WEEK 3 & WEEK 4.

What is a Training Split?

Split weight training is a type of exercise workout. It involves separate exercises for each group of muscles. Split body training looks at your workout from a weeklong or month-long viewpoint. Each day of exercise is usually broken up into a "primary focus" (like legs, back, shoulders, chest) and "secondary focus" (like abs, triceps, and biceps). To maximize training, you need to systematically break up what areas of the body you want to focus on each day to avoid over-training or injury. If you don't give your muscles enough of a break (about 48 to 72 hours to repair and grow back stronger), you aren't giving them enough time to properly recover. Split training-when done right- does just that.

Your splits have been divided into;

Breakdown

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|------------|----------------------|-------------|--------------------|------------|--------------------|
| LOWER BODY/ GLUTES | UPPER BODY | FULL BODY/ SCULPT | BOOTY FOCUS | REST & RECOVERY | UPPER BODY | REST & RECOVERY |

In this workout plan, You will be training FIVE days a week for the next 4 weeks (1 month). YOU ARE FREE to choose your own workout days and time as well as your two rest days. These rest days mean no workout videos are provided and you are expected to rest from any strenuous, lifting activity. It's important to give your muscles time to rest and recover as recovery 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. For example, 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. An example structure has already been set up for you in the table above . So you will see Monday-Saturday with Friday and Sunday as a rest day.

There's a reason why I refer to the Slim Thick program as a "train like me" program. This is because you will be following the same structure of training routine that I perform each day but at home.

You will receive a set of workout videos for each week and you are required to perform these specific exercises in that week. For example, WEEK 1: Monday to Saturday (not including Friday & Sunday) you will perform the same set of exercises for that week!

This means you are required to follow these this workout Split each day for the next month. The structure of your 4-week program is to help maximize growth in certain areas because 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. Also there are specific exercises that are much more effective and efficient in building muscle and getting you the results you want.

For each day you will have two rounds. Round 1 will have about 4-6 exercises and you are expected to perform 3-5 Sets of each exercises. Round 2 usually has the same number of exercises and because this is usually your finisher workouts, you are expected to complete 2-3 sets of each. **If you notice, there are no days specific to just Abs. This is because you will have Ab finishers included in each day in Round 2.

WARM UPS

You are expected to do 20-25 minutes of warm up before or after or even incorporated into your workouts. Your warm up for this plan are Skips. You are free to add your own warm up exercises.

Reference Table:

| | |
|--------------------------------------|--|
| SET NUMBERS (A1, A2, A3 ETC.) | These numbers and letters represent which exercises go together in any one set. For example, A1, A2 and A3 should be completed together before resting. |
| SETS | How many times you are to complete the exercises. For example, set A (A1, A2 + A3) should each be completed the specified amount of times through (e.g four) before moving onto set B (B1, B2 + B3.) |
| REPS | The amount of times you complete each specific exercise. For example, you are asked to do 15 squats and 20 Romanian deadlifts. |
| TIME | The length of time you perform as many reps of an exercise as you can. For example, 30 seconds of squats. You do as many reps of squats as possible in 30 seconds. |
| TEMPO | The speed of the movement. For example, 4020. The first number (as in 4020) is the amount of time you should take to perform the eccentric portion, or, the lowering of the weight or exercise. The third number (as in 4020) is the amount of time you should take to perform the concentric portion or the raising of the exercise or weight. The second number (as in 4020) is the amount of time to hold the weight/pause/ pulse at the bottom of the exercise. The fourth number (as in 4020) is the amount of time to hold the weight/pause at the top of the exercise. |
| | |

Abbreviations

E/L : EACH LEG

E/W: EACH WAY

DB: DUMBBELL

TB: TUBE BAND

CB: COTTON BAND

LB: LATEX BAND

PUB: PULL UP BAND

CARDIO OPTIONS

Fasted Cardio

Fasted cardio is cardio that is completed in a fasted state i.e. after waking up in the morning after fasting (sleeping), you would get up and go and do a walk etc. without consuming any food. FC is utilized for fat burning, research shows that by doing your cardio in a fasted state upon waking, you can burn up to 20% more fat than if you had consumed a meal.

Research shows that exercising in a fasted state increases both lipolysis and fat oxidation rates. Lipolysis is the breaking down of fat cells for energy. Fat oxidation is the burning of this energy by cells. Research also shows that the blood flow in the abdominal region is increased when you're in a fasted state, which is helpful because one of the key problems with the "stubborn fat" is reduced blood flow.

Training Fasted is a personal preference. You do not HAVE to train fasted.

HIIT Cardio

High Intensity Interval Training. This type of training elevates your heart rate quickly and then keeps your heart rate up and burns more fat in less time. HIIT increases the body's need for oxygen during the training and thus creates an oxygen shortage, causing your body to ask for more during your recovery. This after burn effect is referred to as Excess Post-Exercise Oxygen Consumption (EPOC) and is the reason why intense exercise will help burn excess fat and calories.

LISS Cardio

LISS cardio stands for 'Low Intensity Steady State'; 50 to 60% maximum heart rate, at a consistent pace. About 45 to 60 minutes of LISS can help the body become conditioned over time to use fat as a fuel source better at your next workout. LISS is also a low-impact way to work your ligaments, tendons, joints, and muscles in preparation for when you want to crank up the intensity.

REST + RECOVERY

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 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.

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.

Throughout this program you will see I have made Sunday your rest day. However, if something comes up and you need to rearrange your rest day, you can do so.

**WHAT I ALWAYS
TELL MY CLIENTS
IS THIS TRAINING
PROGRAM IS A
GUIDE. YOU NEED
IT TO FIT YOUR
LIFESTYLE.**

STRETCHING

How often should I stretch?

MY ANSWER IS DAILY!

I know when it comes to training, a lot of tend to neglect or not bother stretching. I know this because I am just as guilty of this as you are. However, this year I'm stopping with the excuses and I am making time to stretch DAILY!

Think about waking up in the morning. Most likely, one of the first things you do without even thinking about it is stretch. Stretching is instinctive, meaning that your body already is leading you to do it. While this type of morning stretching is a great way to get up and going, focusing on more targeted stretching during the day will have the greatest benefit on muscles and joints.

Stretching regularly will strengthen your muscles and increase your flexibility. The more flexible you are, the better it is for your joints. Keeping muscles and joints in top condition helps with your day-to-day range of motion and can help guard against injury. Major muscle groups really benefit from stretching. Focus on shoulders and neck, calves and thighs, hips, and lower back. Remember to stretch evenly on both sides. Lastly, remember to breathe. Exhale while going into the stretch; hold the stretch as you inhale.

Stretching should not be painful. A mild discomfort means you are getting a good stretch. If you feel pain, you should ease up or stop and consult a doctor. Just like anything there are times when stretching could be a bad thing. For example, if you have an injury it could be made worse by certain types of stretching. If you push it too far, you could injure muscles, ligaments, or nerves just by stretching. Be aware and listen to your body.

When to stretch?

Before working out it is important to complete a dynamic warm up! Try to avoid any static stretches whilst warming up as studies have shown it to decrease muscle strength and power.

| SET | SETS | EXERCISE |
|-----|------------|--------------------|
| 3 | 20 SECONDS | ALTERNATING LUNGES |
| 3 | 20 SECONDS | HIGH KICKS |
| 3 | 20 SECONDS | JUMP SQUATS |
| 3 | 20 SECONDS | ARM CIRCLES |
| 3 | 20 SECONDS | HIGH KNEES |
| 3 | 20 SECONDS | SWAY SQUATS |
| 3 | 20 SECONDS | BUM KICKS |

GLUTE ACTIVA- TION

No matter which SOFIT Program you may have chosen to partake in, you will always hear us talk about, and emphasize , the importance of Glute Activation.

A common reason why some people cannot develop their glutes is because they cannot activate their glutes correctly during their training sessions. What this means is that, instead of your glutes being the main driving force through your movements, other parts of your legs (hamstrings & quadriceps) begin to compensate and take the load of the exercise

The first reason and also the most common cause that people suffer from under-active glutes is largely due to their sedentary lifestyle. What do you mean sedentary? "I train every day", you may be thinking. Yes, but what are you doing for the rest of the day? 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. As a result, unfortunately, our glutes do not activate much during the course of our day thus, the muscle tends to shut down and atrophy quite quickly. I've included one Glute Activation/ glute Warm up routine for this plan. You can do this before your lower body workouts.

The second reason ties in to the first one. If we are overcompensating 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, 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 SOFIT 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 can't, shift your stance slightly, align your hips etc. until you can feel what you're doing. Also SQUEEZE, follow through with the movement – take it slow AND DO NOT RUSH. Over time, persistence will pay off and eventually your body will become better at naturally activating your glutes without you having to try so much.

SETS/REPETITIONS

Your Sets or 'Rounds' refer to How many times you are to complete a given exercise. For example, set A or Round 1 should each be completed the specified amount of times through (e.g four sets) before moving onto set B (Round 2)

Your REPS or 'Times' refers to the number of repetitions you are to complete a specific exercise. For example, you are asked to do 15 squats and 20 crunches. The 15 and 20 here are your number of reps. So You may see "4 sets/ 10x E/L" which means do 4 rounds of that particular exercise, 10 times each leg. Total of 40 reps/times.

how to structure your sets

You can either complete your workouts in drop sets or super sets. Drop sets mean you do an extended set of an exercise. A super set means you do each exercise one after the other, then you go back and start again from the top. You are free to complete your sets however it is suitable for you!

NOTE THIS!!

- rest for 30 seconds to 1 minute after each of your sets. Keep your rest periods relatively short and try not to take a break for too long.
- if you see "This is a dumbbell required exercise" on the video this means that you will need a dumbbell to perform that particular routine and there are no substitutes provided. If you don't have a dumbbell move on to the next exercise .
- Each exercise is demonstrated in a different video. Each video is 15-50 seconds long
- Weights are optional , if you're using weights at home aim for 4-10kg for upper body workouts and 10-25kg lower body.

The structure of this 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 doing the same routines over a period of time may seem mundane or repetitive, but to keep your workout challenging, you can add on more weight to increase the intensity and do fewer reps, or do more reps/ sets and decrease the weights, or use a tougher resistance band to challenge yourself even further. The goal is to get results and progress so don't hesitate to challenge yourself.

YOUR EXERCISES

Your exercise links can be found on your dashboard when you log into your account on sandraokekefit.com . Below I have listed your exercises for you;

GLUTE ACTIVATION : Perform before your lower body workouts

Kickback
standing side kicks
Hip circles

Monday Lower Body/Glutes

Equipment Needed: SOFIT Latex Booty band (light or medium), Cotton Booty Band (Light or Medium)
Dumbbell (Optional)

ROUND 1:

Cotton band Hip Thrusts <https://youtu.be/xu7mmV8i3h0>
DB Romanian Deadlift <https://youtu.be/oPr5ZUh12Eo>
CB Sumo Squat pulses <https://youtu.be/6fTEIDTleol>
Lateral Lunge Sways <https://youtu.be/RTHI-5KkduA>
Reverse Lunges <https://youtu.be/ZZJYb-D7Bzs>
Forward Lunges <https://youtu.be/DKOk44GkrYo>
Cotton band KB Squats https://youtu.be/4_exF_8nZek

Round 2:

Donkey kicks <https://youtu.be/neLTVLi5AYw>
Fire Hydrants <https://youtu.be/CSORwwwWdjQ>
Banded Up & Overs <https://youtu.be/oFHKBFvIFSw>
Plank Raises <https://youtu.be/aIChDeJpeWY>
Plank shoulder taps <https://youtu.be/rpX8oTfONBE>

Tuesday: Upper Body

Equipment needed: A pair of 5-10kg Dumbbell or A
SOFIT Tube band and a SOFIT pull up band

ROUND 1

TB Seated Shoulder press
<https://youtu.be/yYT3LwrZCZo>
TB front shoulder raise <https://youtu.be/Q62XdWGdf6k>
TB Tricep extension <https://youtu.be/D8wgdYFQJio>
Modified push ups <https://youtu.be/ctTDR2CnNYo>
Tricep Dips <https://youtu.be/QsAgePIM5PY>

Round 2:

Modified Push Ups <https://youtu.be/ctTDR2CnNYo>
Side plank hold <https://youtu.be/cazKc3Bv7kg>
Vaccums <https://youtu.be/8KGGBXjll0o>
Bicycles <https://youtu.be/XWbqBsR5QQE>
High knee raises https://youtu.be/BjZPRveqW_M
Squat jumps https://youtu.be/zjhbE2Tw4_Y

Wednesday: Full Body HIIT

Equipment Needed: A SOFIT Booty Band

ROUND 1

Plank tucks <https://youtu.be/Pxjz0BCn5sw>
Shoulder taps <https://youtu.be/ONmyKHoYKSU>
heel raises squat pulse <https://youtu.be/j-uWmvJEi6l>
Jump squats https://youtu.be/zjhbE2Tw4_Y
Db Squat Air punches <https://youtu.be/slWPvB0dE5A>
Lateral Lunges <https://youtu.be/otWICKsVluw>

Round 2:

Hop squats <https://youtu.be/swlWHr8QxJU>
Bridge marches <https://youtu.be/Gpvq43Suh00>
plank Oblique twists <https://youtu.be/HjJQQb63ms0>
Inchworm toe taps https://youtu.be/1NkGDpjpg_WI
Core sliding Mountain Climbers
<https://youtu.be/qdN2jZrxo30>
Cross squat hops <https://youtu.be/2wGo71M3o7A>

Thursday: Glutes

**Equipment Needed: SOFIT Latex Booty band (light or medium), Cotton Booty Band (Light or Medium)
Dumbbell (Optional)**

ROUND 1

CB Glute Bridges <https://youtu.be/E7A-dhaCzcU>
CB Wall Sit hip abduction <https://youtu.be/LjFsJi9nykA>
LB Lying side kicks (left & Right)
<https://youtu.be/F5iAl37teco>
CB Standing glute kickbacks
<https://youtu.be/IgIPMAckLBI>
Split Squat w/ Pull up band or DB
https://youtu.be/e1ZE0GdQj_I
DB Reverse lunge kicks <https://youtu.be/iAc9RtK0b3Y>

Round 2:

Fire hydrants <https://youtu.be/UwTHqirLtJ0>
Reverse crunches <https://youtu.be/ZdJavhdtkL0>
Flutter Kicks <https://youtu.be/4lbZuoyqyr8>
core sliders knee tuck <https://youtu.be/7-Fvk2W4tQk>
Crunches <https://youtu.be/idgfioghrBo>
Squat front kick toe taps <https://youtu.be/oYvzJJJTpIM>
Circles https://youtu.be/9V_JLMbBPQw
Romanian Deadlifts <https://youtu.be/oPr5ZUh12Eo>

FRIDAY: REST DAY

Saturday: UPPER BODY:

Equipment Needed: A SOFIT Tube band (any resistance level), pull up band and Dumbbell

TB Bent over back rows <https://youtu.be/7n400LdbFok>
Push up twists <https://youtu.be/BgGQABVrR1g>
DB Chest press w/ chair <https://youtu.be/HyP0NpktWoo>
Skull Crushers (DB required exercise)
<https://youtu.be/DeWv8H470UQ>
One arm shoulder press <https://youtu.be/vcnXqxn2U5M>
leaning one arm shoulder fly https://youtu.be/O_8OpsfoYHo
inverted shoulder raise https://youtu.be/aSaDi_ZRRd0

Round 2:

Modified Push Ups <https://youtu.be/ctTDR2CnNYo>
Side plank hold <https://youtu.be/cazKc3Bv7kg>
Vaccums <https://youtu.be/8KGGBXjll0o>
Bicycles <https://youtu.be/XWbqBsR5QQE>
High knee raises https://youtu.be/BjZPRveqW_M
Squat jumps https://youtu.be/zjhbE2Tw4_Y

SUNDAY: REST DAY

This is your training split for this program. You are required to perform these exact routines, weekly, for the next 4 weeks.
sets: 3-5 sets each
reps: your reps are always given in the videos, reps should vary depending on the exercise but aim to do 10-20 reps of each exercise!

**WARM UP before each workout: Skips (5-8 sets of 30 seconds each)
Equipment needed: SOFIT Skipping rope**

Thank you

so much for completing this Program! I hope you enjoyed the workouts as much as I enjoyed creating them!!

Over the last 4 weeks, you've challenged yourself and put your body through a new, challenging training phase. Although this was all about making physical changes, you have definitely made some positive mental changes too. Succeeding is all about having the right mindset!

THANK YOU SO MUCH FOR CHOOSING SOFIT. I WOULD LOVE
TO CONTINUE WORKING WITH YOU! MUCH LOVE,

- Sofit x

