

GLOW UP



DISCLAIMER

LEGAL & MEDICAL

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 or sofit.ng@gmail.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

HEY YOU!

You have no idea how excited I am to share this guide with you. My 3 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. 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?

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.



*Your body can stand almost
anything.*

It's your mind you have to convince!



YOUR PROGRAM

This 3-week program is to help you work on your fitness.

You will be training 4 days weekly. In order to access your workout videos you need to be logged into your account on www.sandraokekeft.com/login only. Your videos will be viewed on your Members Area dashboard. If you see "Expired" please reach out to support@sandraokekeft.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.

Your videos are broken down as WEEK 1: Days 1-4, WEEK 2: Days 1-4 and Week 3: Days 1-4

In this workout plan, YOU ARE FREE to choose your own workout days and time as well as your three rest days. These rest days mean no workout videos are provided. 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 any daily lifestyle.

Your 3 week program will consist of full body workouts! You will be training your abs, legs, arms and glutes. Please complete your sets and reps as instructed for each exercise.

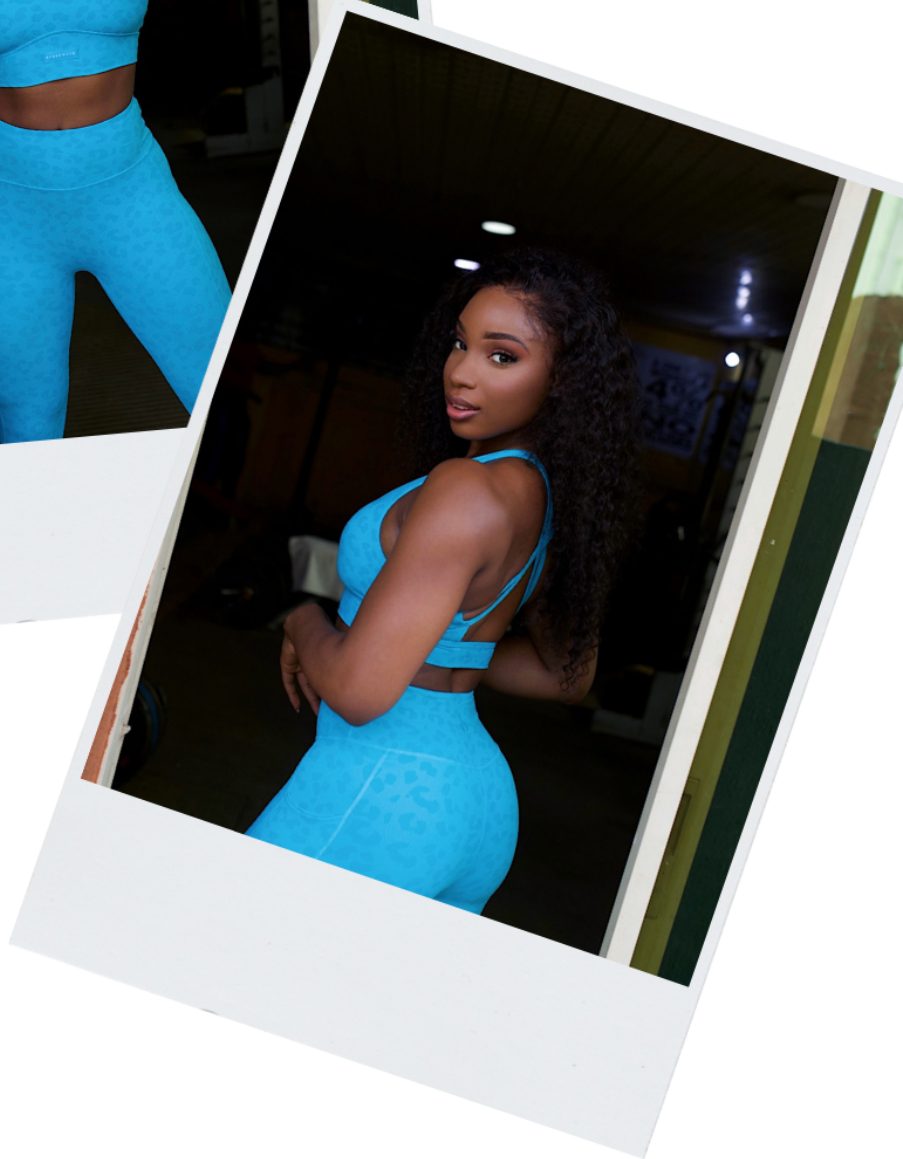
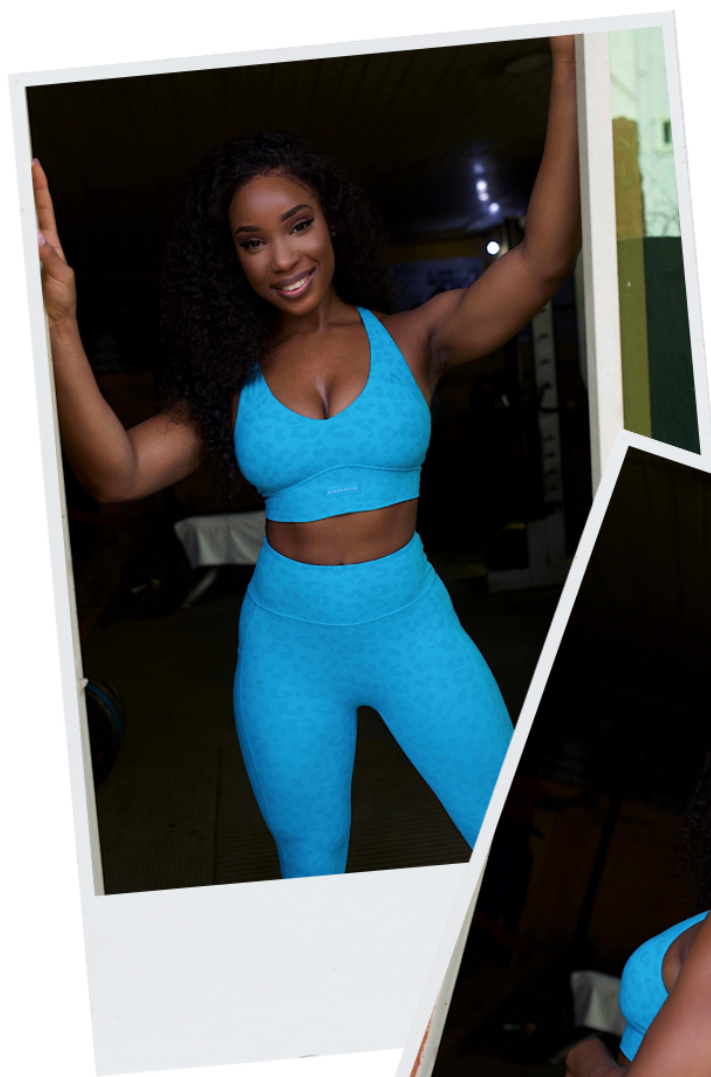
YOUR TRAINING

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.

Don't stop when you're tired.

Stop when you're done!



- 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. You will notice exercise being repeated throughout the plan, that is not a mistake!
- 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!

SETS/REPS

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).

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.

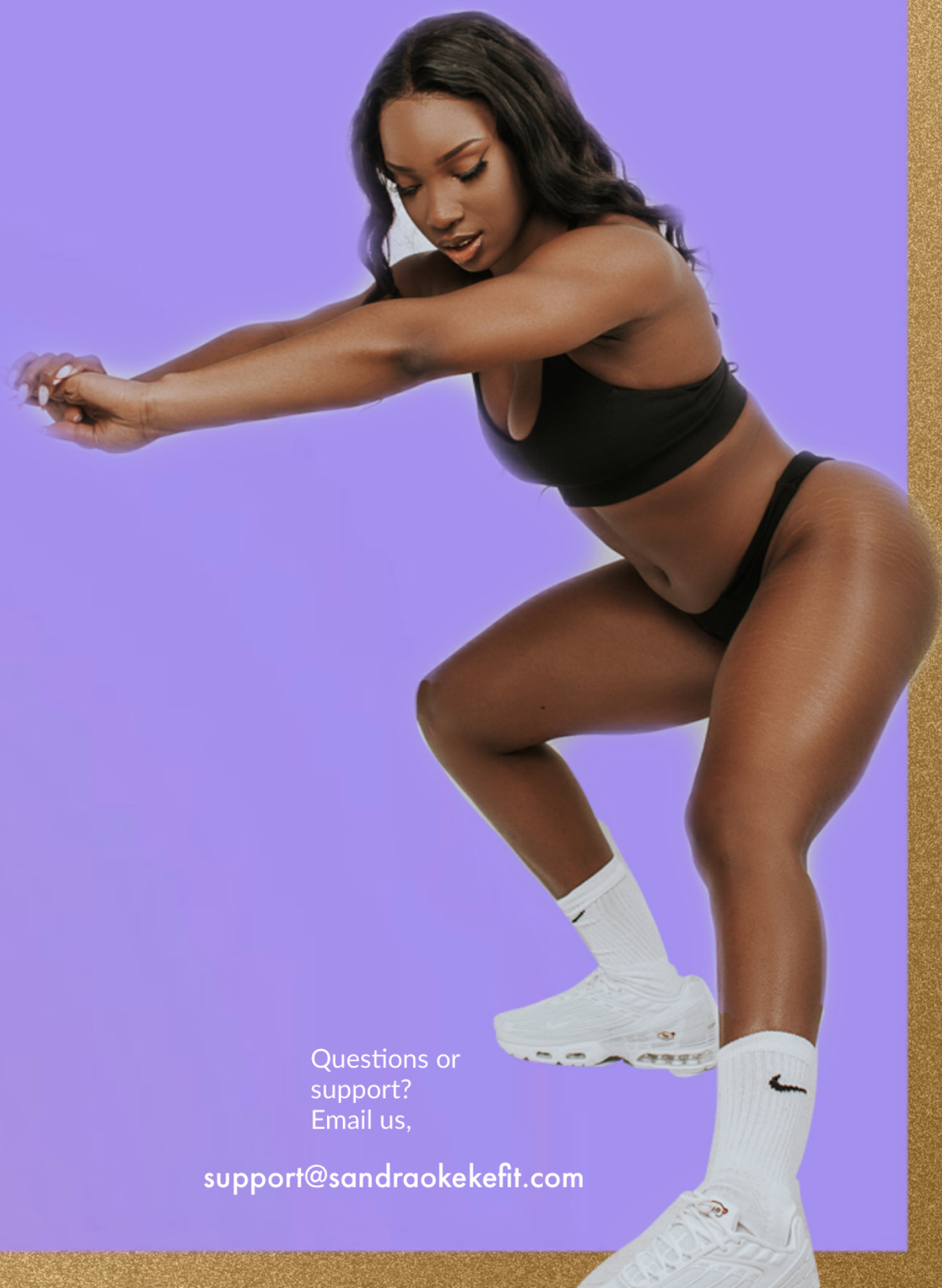
How to structure your sets

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!

- 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
- Weights are optional, if you're using weights at home aim for 4-10kg for upper body workouts and 10-25kg lower body.

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



Questions or
support?
Email us,

support@sandraokekefit.com