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# ULTIMATE

## BOOTY BAND GUIDE

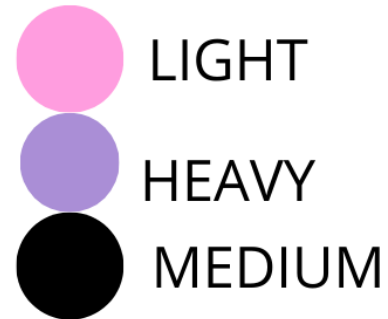
# ***THANK YOU FOR CHOOSING MY SOFIT BANDS!***

**THIS GUIDE IS DESIGNED TO HELP YOU  
UNDERSTAND ALL 3 AREAS OF THE GLUTES AKA  
"THE BOOTY" (MEDIUS, MAXIMUS, MINIMUS).  
AND HOW TO USE MY RESISTANCE BANDS.**

*Hi babe!*

# PRODUCT OVERVIEW

You've likely crossed paths with a resistance band or two along your fitness journey or have seen me using them in my videos. While they look like simple workout accessories, they come jam-packed with a full range of benefits. They are flat, sometimes looped bands that range from thin sizes to thicker ones. Each size represents a different strength. My latex 'Booty' Bands and Cotton bands comes in 3 resistance levels:



} COTTON BANDS

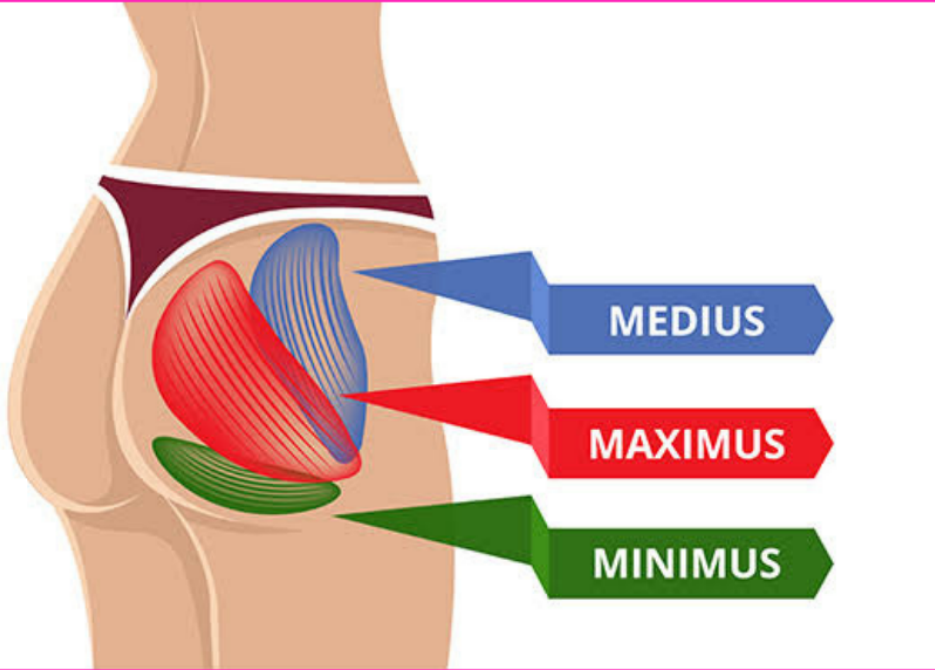
# ***OUR BOOTY IS MUSCLE!***

## **HOW TO GROW A BOOTY**

Your glutes are made up of 3 different muscle groups : Maximus (the largest), Medius and Minimus. In order to build these muscles, you must 1. stimulate them with resistance over a period of time! And 2. Eat enough calories to fuel it's growth. Building muscle takes time so it is a process of development. You must target your glutes evenly to get maximum growth.



In order to achieve the best results you will need to push yourself and challenge yourself. Don't be afraid to do more reps or up the resistance levels. Each set should be challenging. The number of reps is a target to reach if you can do a couple extra do it then next time up the resistance levels.



## **YOUR DIET**

I know, I know this is a booty band guide! 😊  
But we can't talk about booty gains without  
talking about your FOOD!

# ***TIPS TO GAIN WEIGHT & SIZE***

According to your goals and current body type you may need to increase or decrease your cardio. If you're trying to gain some more muscle you'll need to increase your calorie intake and limit your amount of cardio. The key is eating a clean and healthy diet eat smaller meals of cardio and shoot for 4-6 meals a day and make sure they are good QUALITY foods. NOT JUNK! You can check out my SOfit Meal Plan on my website!

If you're naturally a skinny person like I am, to grow your glutes and build muscle you will have to increase by eating more healthy carbs, proteins, and healthy fats. Your body will begin to change as you begin to workout and eat more. If you're still staying lean then increase your diet again another 10-20% and same thing monitor it for 2 weeks and track your progress. If you're starting to get fluty and see you're putting on extra weight start increasing your cardio and slightly decrease your calorie intake by 5-10%. If you're still staying lean, increase it again. Remember everybody is different and require different amounts of food to grow so there is no exact number for everyone.

# ***HOW DO BANDS WORK?***





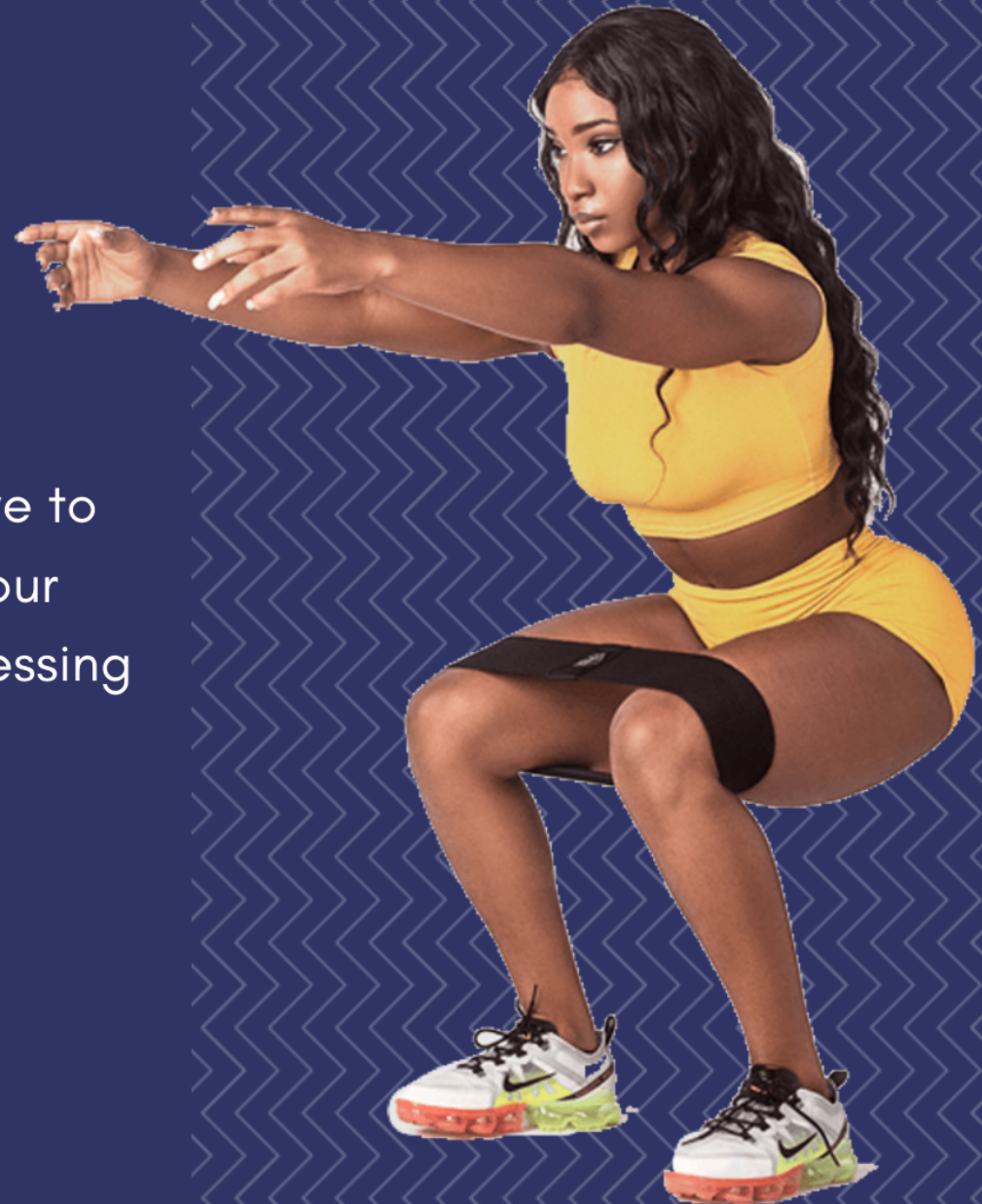
How do resistance bands work? Resistance bands work by adding an external resistance force that can be applied without having to hold extra weight.. They provide resistance at varying degrees of difficulty (light, medium, heavy, extra heavy) when providing the opposing force with your own body weight. When they are anchored in place, you can push, pull, curl, etc. against the rubber resistance. Resistance bands can be substituted in place of weights or used in addition to weights.

## **CAN YOU BUILD YOUR BOOTY WITH ONLY BANDS?**

No. Bands can be used as a good home substitute however you will need to transition to weight lifting. There is only so much you can achieve in terms of building muscle , with just bands. In order to build mass, and definition your muscles will need to be progressively targeted with heavy load. Resistance bands are a good start!

## *MY COTTON BANDS*

When searching for a resistance band, you have to find one that is comfortable for you, and fits your strength level so that you are constantly progressing each workout. I use both my cotton (fabric) resistance bands and my latex bands in all my workouts. So do i recommend you have both- absolutely! Heres why;



These Cotton bands are 100% cotton, made of polyester and latex silk with built-in anti-slip material which allows it to stay in place during your workouts without any folding, slipping and skin irritations. They come in three different resistance levels ranging from 20-50lbs and can be used by all; light (Beginner) medium (Intermediate) and heavy resistance (Advanced) Cotton bands are a staple in all my lower body workouts and they are especially great for glute activation/warm ups.

These Bands are effective for both home and gym workouts and i always recommend you have at least two pairs for variety. They are lightweight and occupy almost no space, which is great for storage and travel! These bands are highly durable, they'll last a long time and pose little threat of snapping while working out.

Cotton bands don't stretch as wide, so they are mostly used for lower body workouts and joint stabilization.

LATEX BOOTY *Bands*

## DIFFERENCE BETWEEN THE TWO



When you look at the two, you can clearly see the difference. Cotton bands have a fabric design and they are wider and thicker, whereas latex bands are rubber and they are thinner and not as wide.

Cotton bands have more resistance, they are tougher and they are more durable so longer lasting. Moreover, they will not slip, roll up, or pinch the skin, not to mention, they are very hard to break. Unlike the latex bands that are prone to snapping, rolling up and folding during workout.



Latex bands can be used in upper body workouts due to its elasticity. Cotton bands are mostly for lower body because they aren't as elastic.

To sum it up, we recommend you having both!

Disclaimer: Due to its elasticity, latex bands are naturally prone to roll, fold and even snap so please use carefully!

## HOW TO USE A BAND



## **BOOTY BAND (COTTON/LATEX)**

If you're doing a Squat, wrap the resistance band around your thighs, just above your knees. Come to an all-fours position with your wrists below your shoulders and your knees directly below your hips. Lift your right knee to the right while engaging your core to keep the rest of your body stable and your spine in a neutral position.

## **PULL UP BAND**

One of the best resistance bands for strength training are 208cm resistance loop bands, also known as pull up bands. You can grab hold of them in different ways, loop them around your body or attach them to other objects. They come in different resistance levels from very light to extremely heavy. Probably the most versatile piece of exercise equipment on the planet - and they fit right in your bag. You can use them to do any exercise!

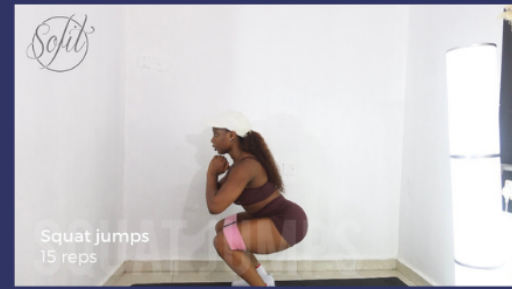
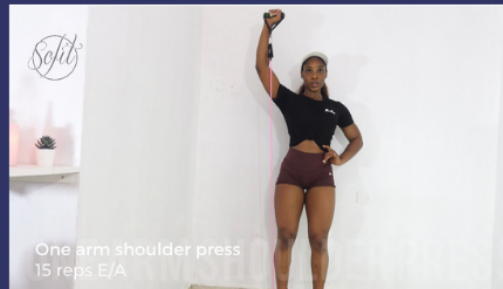
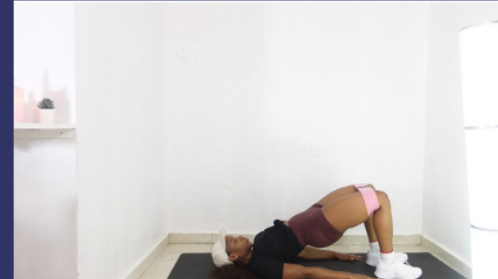
Stand on the middle of the band with feet roughly hip-width apart. Hold onto each end of the loop. Bend at the waist, stick your bum out, arch your lower back and keep your head, neck and upper spine in a straight line. Pull the band up, keeping your elbows in. Squeeze your shoulder blades together and hold briefly. Return slowly to starting position and repeat.

## TUBE BAND

These bands are exceptional! Directly substitutes dumbbells. How? They aren't looped but have a comfy grip so that you can perform any upper body or lower body exercise with ease. My tube bands come in 5 different resistance levels so you can choose from xlight to ultra heavy! Here's me performing a Bicep curl with my tube band

Stand with a resistance band secured under your feet. Hold one end in each hand using an underhand grip (palms up) and perform a wide biceps curl, bringing the hands out from the body and up to the shoulders.

## EXERCISE EXAMPLES





I'm here to remind you that i was once there and the only way to see the results you want to see is by taking your fit journey seriously. Take your workouts seriously. Fitness is a lifetime commitment.

Theres no date on the calendar that tells you 'You're done" . It never ends. Progress does not stop! Take your nutrition seriously. Don't depend on Pills, teas, waist trainers and fad diets to give you results because you'd be heavily disappointed. Put in the work. I wasn't born like this, I didn't always know how to train. I had doubts, I was unmotivated at times. But I kept going til I mastered it. YES, its possible to build your body and maintain a small waistline. Yes, its possible to keep your curves and drop the fat. If you're ready to work for your gains my programs are here to help you! Let's level up!



If you have any questions or need assistance please email us at: [support@sandraokekefit.com](mailto:support@sandraokekefit.com) and we'll be more than happy to help you out.



For all our workout programs at home or the gym, as well as meal plans, visit [www.sandraokekefit.com](http://www.sandraokekefit.com) !



Follow my Instagram [@sofit\\_ngr](https://www.instagram.com/sofit_ngr) and TAG US in your booty band workouts! We want to follow your journey.

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