# 3 WEEK BEGINNER'S Program

# D I S C L A I M E R

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.

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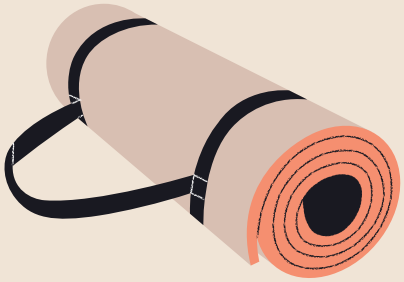
# Accessories Recommended

A pair of dumbbells

SOFIT Glute Cotton bands

A SOFIT jump rope

A SOFIT Tube band



Yoga Mat

SHOP ALL SOFIT ACCESSORIES HERE

# YOUR guide

"*Where do I  begin?*"

As a beginner this is the one question you've asked yourself many times and that's probably why you picked up this program. Struggling with knowing what workouts to do, where to start and HOW to start is common for every beginner.  I know it because I was once there. Every master was once a beginner so you are not alone.

This guide contains your meal and program guide and everything you'll need for this program ! Most beginners like to start off training at home before transitioning to the gym which is why for the first time ever I've included gym alternatives to my beginners program! With the right set of exercises with specific set of reps, maximum fat loss will be the result. Follow this program for 3 weeks and watch your body fat melt away! Results are guaranteed! This 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  Sofit Challenge! This is just a provision to basic workouts you can do anywhere to stay fit. For this workout program you will be training 4 days a week for the next 3 weeks!

# YOUR Workouts

This is a complete AT HOME program, no gym required. Your workouts will include full body movements which means you will be training your legs, glutes, upper body, Abs plus you have one HIIT training day - weekly! This is how your workouts will be split up for the next 3 weeks.

MONDAY- Leg Day
TUESDAY- ABS
WEDNESDAY- REST
THURSDAY- UPPER BODY
FRIDAY- REST
SATURDAY- HIIT (No gym alternatives for this workout)
SUNDAY- REST

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.**

**This** program can be used to achieve any goal! Your workouts and meal plan will promote general fat loss, building strength and endurance and also muscle tone. So regardless of what your fitness goals are, YOU CAN FOLLOW THIS PROGRAM. 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. The structure of your 3-week program is to help build your strength and endurance and raise your fitness level.

*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.

This guide is about more than just attaining a specific physique. It is about making a positive change in your life that will FEEL good. Beautiful bodies come in all shapes and sizes and there are so many different definitions of sexy.
Figure out what defines it for YOU. The most important thing here is to be HEALTHY, strong, and feel good because feeling good radiates from your soul and will overshadow any “imperfections" you think you have. You are working out and improving your body BECAUSE you love it. So embrace the process, flaunt what you've got, and strive to be the best YOU!

# BEGINNER WORKOUT Tips

# BENEFITS OF 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.

By completing 30 minutes of moderate exercise per day you can:
• Reduce your risk of heart attack and heart disease. • Reduce your risk of 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.

# HOW TO USE THIS PROGRAM

This exercise program is designed to be completed at least 3-4 times a week. The program can be completed at home, at your local park, or at a gym, wherever you feel most comfortable. Each session should take around 45 minutes to an hour to complete – if you complete the program in less time, repeat the resistance/cardiovascular section.
Once you have completed one fitness level program, or if the program becomes too easy, you may progress to joining other SOfit Programs. "

## WHEN SHOULD YOU WORKOUT?

Theres not really a best time to workout. I've been asked this question many times. You can train in the morning, afternoon or evening! Time doesn't affect your result. The best time to workout is whatever time is suit for YOU!

# HOME OR GYM? WHERE TO START?

It all depends on your goals. As a fitness professional i always recommend the gym because of many reasons, 1. You have access to a variety of equipment that you may not have at home. 2.Getting out of the house and out of your comfort zone can motivate you to workout and lastly, 3. If your goal is to bulk and build lean muscle, the gym is your best bet!

Choosing either home or gym all depends on what you want to achieve but for a beginner you can start off at home for the first few weeks or months and then transition to the gym once you've gotten far. Do what's comfortable for you! It will benefit you to invest in a gym membership. The truth is that our muscles get used to the same weight & resistance over a period of time. This is called Muscle Adaptation, so you will have to constantly increase resistance, and unless you have a Home gym, there's only so much you can do at home with bands and 4kg Dumbbells. But I've noticed that most girls who say they haven't seen results through home workouts are just not doing the right workouts.
The gym can be intimidating especially when you don't know what to do but luckily for you, i have full gym programs that you can transition into after this program

**Check out my Gym Programs here**

*"How much weight should I lift at the Gym?"*

As a lady, If you want to a strong, toned SOFIT body with an hourglass physique, don't be afraid to lift. In order to achieve this look you have to build lean muscle. 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 and do not be afraid of lifting heavy! There is no cap on the amount of weights you should be lifting so do not limit yourself my girls.

# COMMITMENT IS KEY

Commitment and consistency is the key to getting anywhere in life most especially in your fit journey. 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 3 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.

It is 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.

# Muscle Soreness (DOMS)

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?"

No you didn't. It is commonly called **Delayed Onset Muscle Soreness** and this happens to EVERYONE! Including myself and I've been training for 5+ years. Don't let muscle soreness after a workout get you down! I know how hard it was to get over the soreness after my initial workouts but the more consistent you are, your body gets used to it and the soreness will not be as great as it was when you first started. In fact, i know it sounds weird but as time goes on, you'll be longing for that sore feeling! You will love it! 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.

Soreness 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.**

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 PAIN

1. **Alternate muscle groups**

Make sure you allow 24-72 hours rest before training the same muscle group. For example if you did legs today, take one to two rest days in between before training legs again.

**2. Stay Hydrated**

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.

3. **STRETCH**

ive included a few stretch routines you can do after you complete your workouts!

4 And lastly, 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. Don't stop wokrking out because you face a little soreness,.

# ACCOUNTABILITY

## Tracking Progress

# HOW TO TRACK 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 PHOTOS

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!

• **EMAIL your pictures at support@sandraokekefit.com**
I love rewarding the people who stay consistent with my programs so if your results are motivating you just might receive a gift from me ! ☺

## DITCH THE SCALE!

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.

Ditch that scale  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 65kg/ 140 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 and not a number.

# Terminologies

As a beginner there are certain terminologies in fitness that you should know. This will help you in understanding your workouts and also navigating the world of fitness :)

CARDIO:

Cardio is short for cardiorespiratory or cardiovascular exercise. It's used to refer to movement that elevates the heart rate to pump oxygen and nutrient-carrying blood to the working muscles. Most often used for workouts performed on equipment like treadmills, elliptical runners or stationary bikes, it is important to know that ANY movement that elevates the heart rate can provide cardiorespiratory benefits.

CALORIE:

A calorie is a unit of energy. In nutrition, calories refer to the energy people get from the food and drink they consume, and the energy they use in physical activities. When your body needs energy, it will tap into the most available resource for the immediate need. During higher-intensity training, using larger muscles in the body consumes more oxygen, resulting in a higher overall caloric burn. When you eat more calories than your body requires a day, it will store the excess calories as fat. And this is how weight gain occurs over time. The average man needs 2,700 kcal per day and the average woman needs 2,200 kcal per day. Not everybody needs the same number of calories each day. People have different metabolisms that burn energy at different rates, and some people have more active lifestyles than others. The human body needs calories to survive. Without energy, the cells in the body would die, the heart and lungs would stop, and the organs would not be able to carry out the basic processes needed for living. People absorb this energy from food and drink.

SETS AND REPS:

Sets and reps are the terms used to describe the number of times you perform an exercise. A rep is the number of times you perform a specific exercise, and a set is the number of cycles or Rounds of reps that you complete. For example, suppose you complete 15 reps of a Squat , Four times. That is 4 sets (rounds) of 15 squats

# Your WORKOUT PROGRAM

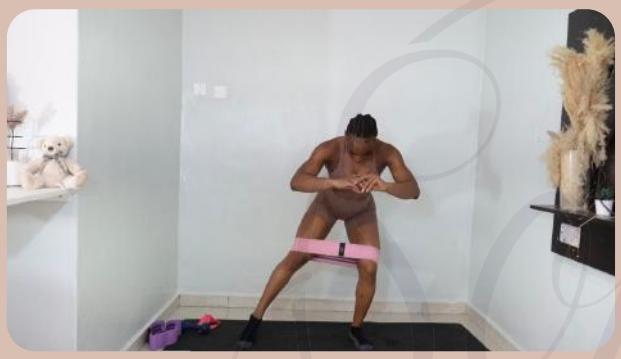
You can access your workouts either on the dashboard of your SOFIT account or simply clicking the workouts in the next section of this guide to be directed to the link! Your exercises are performed in short demonstration clips. Your workout should take you 45 minutes- 1 hour to complete!

# Week 1

## MONDAY- LOWER BODY

BAND SQUAT JUMPS
2-3 sets/ 10 reps each

***rest 30 seconds***



LATERAL SQUAT WALKS
2-3 sets/ 30 seconds

***rest 30 seconds***

DB SUMO SQUAT
2-3 sets/  10 reps

***rest 30 seconds***

Reverse lunge kickback
2-3 sets/ 10 reps Each Leg

***rest 30 seconds***

# TUESDAY- ABS

Time yourself for 30 seconds and do each exercise

COMMANDO PLANK
2-3 sets

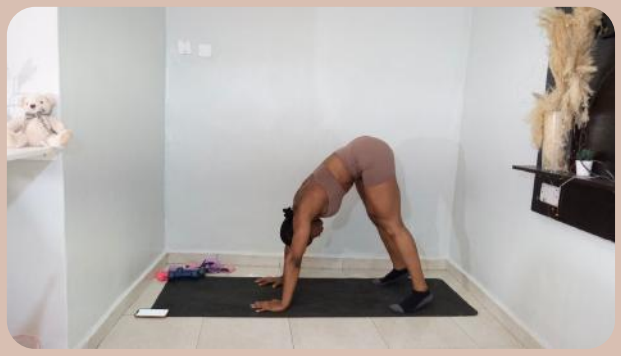
*rest 45 seconds*

PLANK WALKS
2-3 sets

*rest 45 seconds*

FLUTTER KICKS
2-3 sets

*rest 45 seconds*



PIKE HOLD
2-3 sets (hold for 30 secs)

*rest 45 seconds*

WEDNESDAY

# Rest Day

"One **workout** at a time, One **meal** at a time,
One **day** at a time"

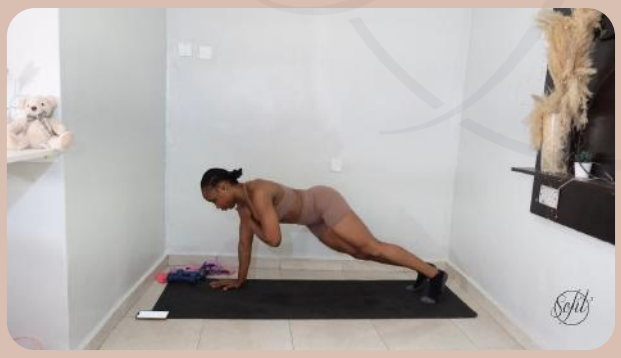
# THURSDAY- UPPER BODY

SUPERMAN'S
2-3 sets/ 8-10 reps

***rest 30 seconds***

DECLINE PUSH UP
2-3 sets/ 8 reps

*modification included*



PLANK SHOULDER TAPS
2-3 sets/ 30 secs

***rest 30 seconds***

TRICEP DIPS
2-3 sets / 8-10 reps

***rest 30 seconds***

FRIDAY

# Rest Day

"Stay **dedicated**, it will **not** happen overnight."

# SATURDAY- HIIT

Time yourself for 30 seconds and do each exercise

FLOOR JACKS
2-3 sets/ 30 seconds

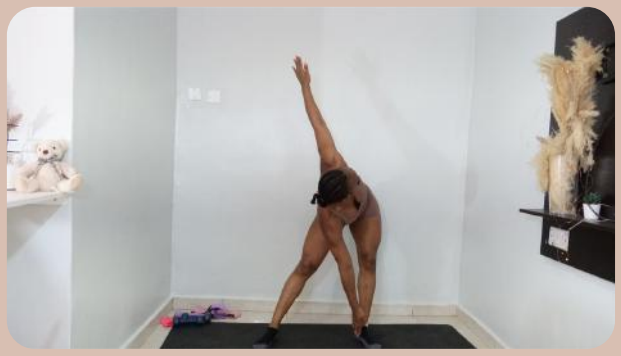
*rest 45 seconds*

ROTATING JACKS
2-3 sets/ 30 seconds

*rest 45 seconds*

HIGH KNEE HOPS
2-3 sets/ 30 seconds

*rest 45 seconds*

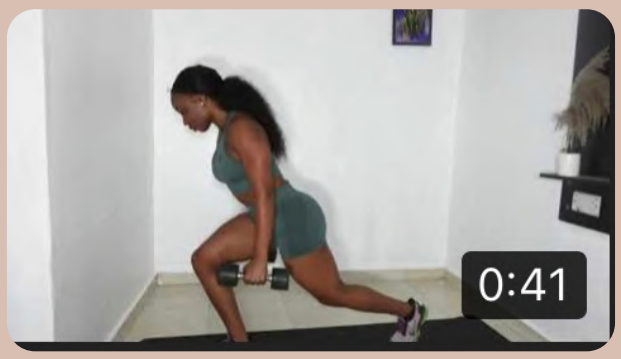


CROSSOVER TWIST
2-3 sets/ 10 reps Each Side

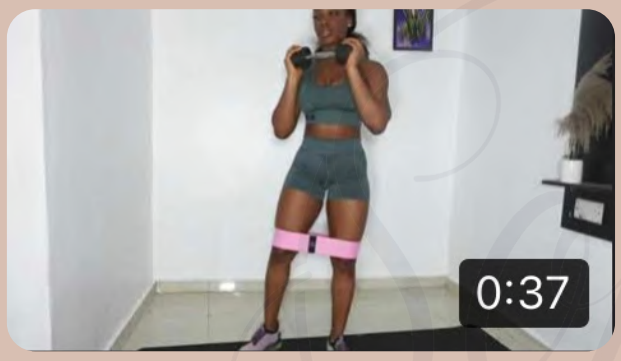
*rest 45 seconds*

# Week 2

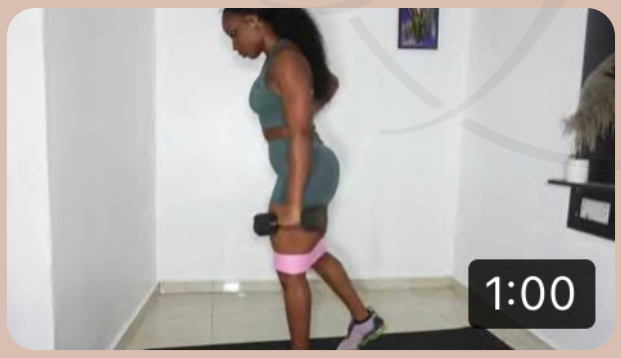
## MONDAY- LOWER BODY




REVERSE LUNGES
2-3 sets/ 10 reps Each Leg




DB SQUATS
2-3 sets/ 12 reps



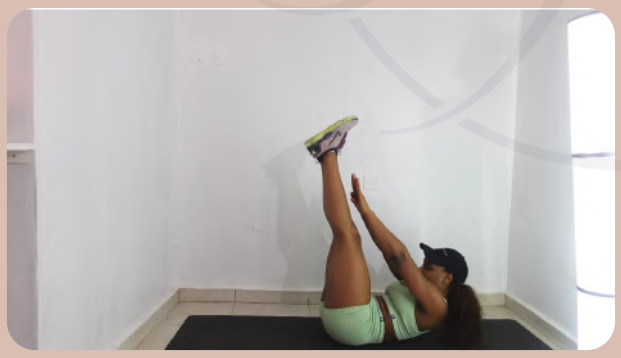

SINGLE LEG RDL's
2-3 sets / 10 reps Each Leg

DB GLUTE BRIDGE
2-3 sets/ 12 reps

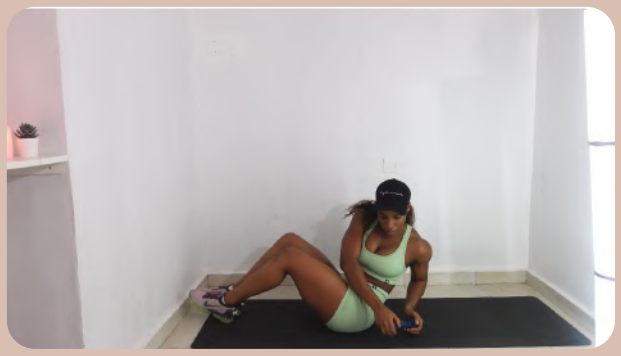
# TUESDAY- ABS

BIRD DOGS
2-3 sets/ 10 reps Each Leg

PLANK ROCKS
2-3 sets/ 30 seconds



V-SIT RAISES
2-3 sets / 10 reps



RUSSIAN TWISTS
2-3 sets/ 12 reps

WEDNESDAY

# Rest Day

"It's a **slow** process but **quitting** will not speed it up."

# THURSDAY - UPPER BODY

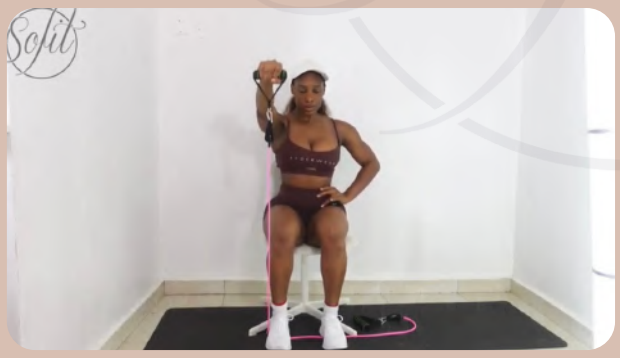
Accessory needed: A SOFIT Tube band

TRICEP KICKBACKS
2-3 sets/ 10 reps Each Arm

*rest 30 seconds*

MODIFIED PUSH UP
2-3 sets/ 12 reps

*rest 30 seconds*




FRONT RAISE
2-3 sets / 10 reps Each Leg

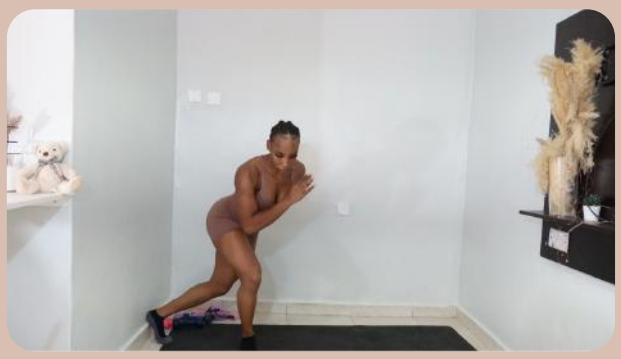
*rest 30 seconds*

TRICEP DIP
2-3 sets/ 10 reps

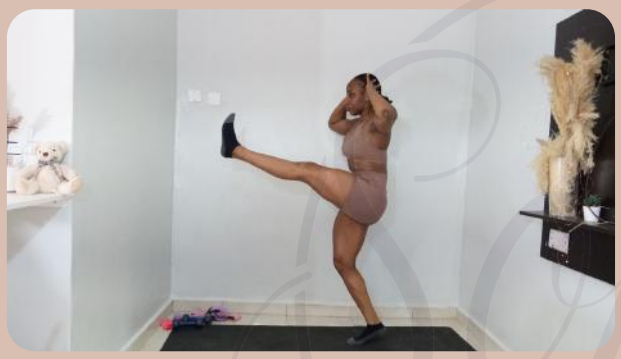
*rest 30 seconds*

FRIDAY
Rest Day
"Sweat now, Glow later"

# SATURDAY - HIIT



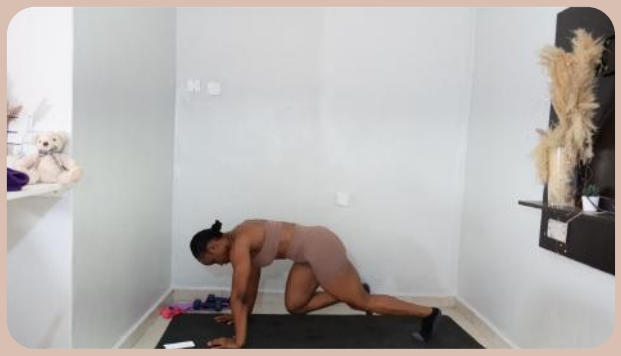
SKATER LUNGES
2-3 sets/ 30 seconds



HIGH KNEE FRONT KICK
2-3 sets/ 8-10 reps Each Side

***modification included***

DUMBBELL SWINGS
2-3 sets / 10 reps



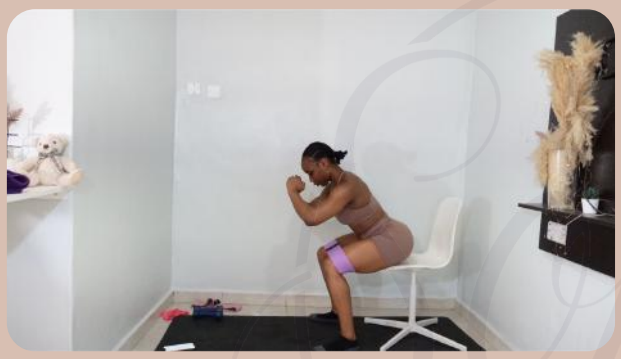
MOUNTAIN CLIMBERS
2-3 sets/ 30 seconds

# Week 3

## MONDAY - LEGS

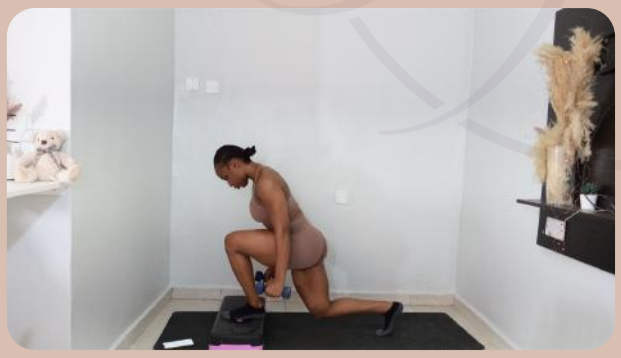
LATERAL LUNGE + SUMO
2-3 sets/ 30 seconds

**rest 30 seconds**



BAND CHAIR SQUATS
2-3 sets/ 10 reps

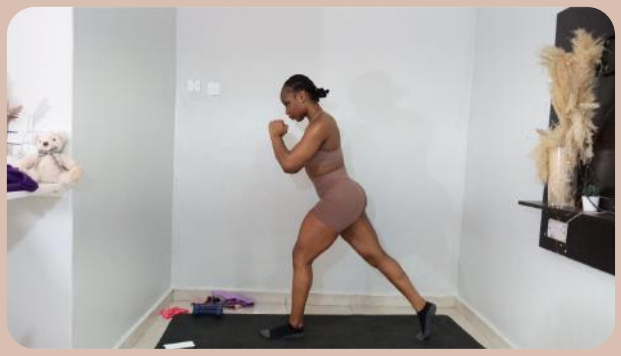
**rest 30 seconds**



DEFICIT LUNGES
2-3 sets / 10 reps each

***Stepboard is optional***

**rest 30 seconds**



LUNGE PULSES
2-3 sets/ 10 reps each

**rest 30 seconds**

# TUESDAY - ABS

OBLIQUE CRUNCH
2-3 sets/ 30 seconds

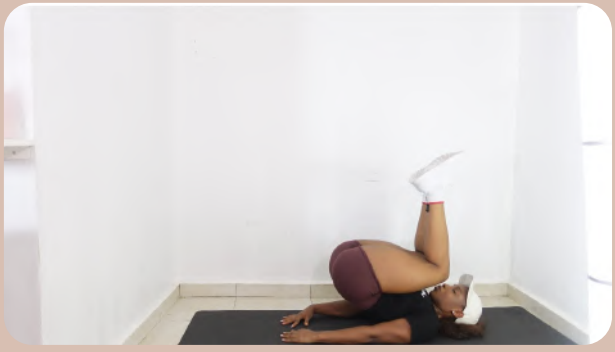
*rest 30 seconds*

SIDE PLANK HOLDS
2-3 sets/ 15 second
hold Each Side

*rest 30 seconds*

SQUAT FRONT KICKS
2-3 sets / 10 reps each leg

*rest 30 seconds*



REVERSE CRUNCH
2-3 sets/ 10 reps

*rest 30 seconds*

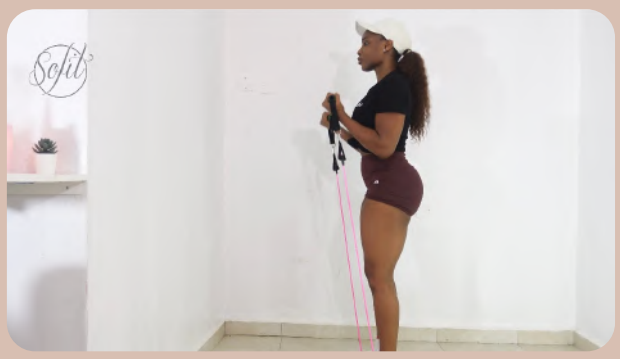
WEDNESDAY

# Rest Day

"It doesn't get **easier**, you get **stronger** !"

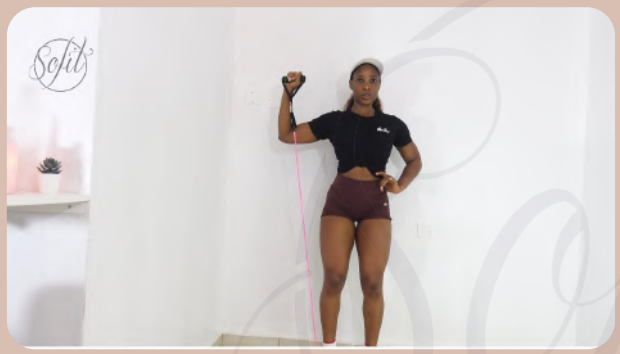
# THURSDAY - UPPER BODY

*Accessories needed: A SOFIT Tube band & Dumbbells




BICEP CURL
2-3 sets/ 30 seconds

**rest 30 seconds**




SHOULDER PRESS
2-3 sets/ 8-10 reps Each Side

**rest 30 seconds**

ONE ARM RAISES
2-3 sets / 10 reps

**rest 30 seconds**

TUBE BAND BACK ROW
2-3 sets/ 30 seconds

**rest 30 seconds**

FRIDAY
Rest Day
"We can't **become** who we want
by **remaining** who we are."

# SATURDAY - HIIT

CROSS SQUAT HOPS
2-3 sets/ 30 seconds

**rest 30 seconds**

CORE SLIDE TUCKS
2-3 sets/ 8-10 reps Each Side

**rest 30 seconds**

*Core Sliders are optional**

HIGH KNEES
2-3 sets / 10 reps

**rest 30 seconds**

SKIPS
2-3 sets/ 30 seconds

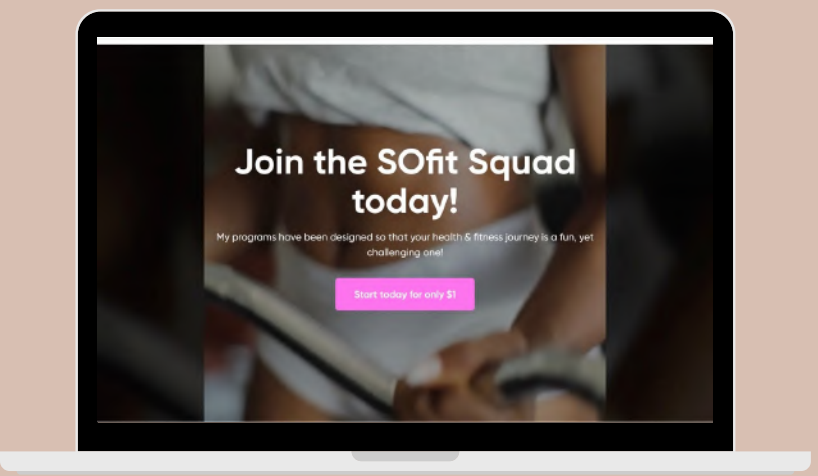
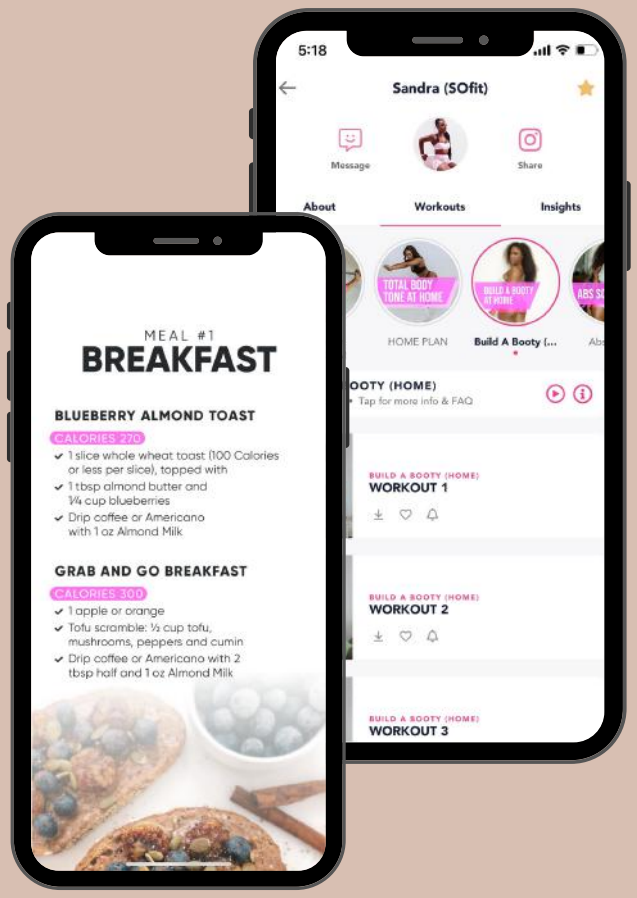
**rest 30 seconds**

# GOOD WORK!!

you've completed the SOFIT Beginner program! So what's next? I recommend that you sign up for other SOFIT Programs  and continue your journey with me! Also, you can purchase my fitness App and train with me at your fingertips for just $1 for your first month! I post loads of new content on there monthly so you always have something to look forward to!

Here are the next programs i recommend you join

SLIM THICK https://www.sandraokekefit.com/product/4-week-slim-thick-challenge/

BOOTY AND ABS https://www.sandraokekefit.com/product/2-in-1-booty-abs-challenge-home/

**Click Here to get  the SOfit App!**