

4 Week BOOTY & ABS Program

HOME WORKOUTS



D I S C L A I M E R

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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.**



EQUIPMENT NEEDED

2 Cotton
Booty bands



1 Latex
Booty band



Dumbbells



Jump rope



Tube bands
(this can be a substitute if you
don't have dumbbells)

Shop all SOfit Accessories [here](#)



Before you begin

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, A skipping rope, Dumbbells here are optional but having dumbbells or or weights I'd also a great addition as you need to stress your muscles in order to build them! We currently do not sell weights but you can find them at any sporting goods store!

2 PLEASE DOWNLOAD A PHOTO COLLAGE APP to compare your start images with your final and/ or halfway images. Ie. Your progress pictures! You can share your images with us here support@sandraokekefit.com we give away gifts to the best transformations! :)

3 WE WOULD LOVE TO FOLLOW YOUR JOURNEY ON INSTAGRAM AND FACEBOOK; please use the tags: #sofitchallenge #sofitbootyandabs TAG @sofit_ngr @sofit.1

4 PLEASE DOWNLOAD YOUTUBE and VIMEO APP and follow the "SOFIT" Channel as this is where all movements and exercises will be demonstrated. 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! We do not sell public videos. the videos. These videos are not made available for the public! We do not sell public videos.

5 DOWNLOAD THE SOFIT APP FOR JUST \$1
With the app you will have access to various workouts and meal plans! New App content is posted monthly. The key to the best results is consistency!
BUY MY APP HERE <https://sofitapp.co>

**GET MY APP
NOW**

FOR \$1



WHATSAPP GROUP GUIDELINES

Our WhatsApp groups are back! This group was created for **group** support. This is a mutual self-help group not a one on one coaching group. Hopefully, this group will provide emotional, psychological, and moral support for its members. This group is optional and does not come with your purchase therefore in order to join, you must request access. You will see a contact number on your dashboard to do so or you can send an email to **support@sandraokekefit.com** requesting to be added to the group. When requesting access:

DO ✓

Include your name, Email address, the program you paid for and a screenshot of your payment confirmation!

DO NOT ✗

"Hi, i paid for the SOfit Challenge please add me to the group"

GROUP GUIDELINES/RULES

- Be respectful to all members and Admins, and be supportive and encouraging to one another
- Do not share self promotional content (ie advertising your business or asking people to follow you)
- Only share content that is related to the SOFIT BOOTY AND ABS PROGRAM like your workouts, meals, updates etc
- Be interactive! A group will be deleted if we believe it's non interactive or lazy

We reserve the right to accept, and decline a request and remove individuals from the group we believe to be loud, disruptive or rude. Our goal is to keep the group spam free and safe for all members! You are not required to join this group as you do not need it to complete your program but we encourage everyone to join as it has a positive impact on motivation!

LET'S START!

I know it seems like a daunting task, but growing, shaping and toning your booty is possible through training only. No extras! Building my glutes and my overall body has been an important focus of mine throughout my fitness journey. I started with being very skinny, I weighed about 48kg. I started weight lifting and over the course of 4+ years that was the key to unlocking the body that I had craved. It took a lot of trial and error, trying different workouts, eating more protein, being very consistent in order to find what is truly the most effective way to develop the perfect glutes. In this program, I have shared workouts to help you achieve just this as well as methods to slim and tone your midsection,

Which is why I included a nutrition plan because in order to burn fat, and achieve a flat stomach, your diet has to be as healthy and nutritious as possible! You cannot spot reduce fat through Ab exercise! Our glutes are the biggest muscle in our bodies, and there is a lot more that goes into growing your glutes than simply squatting! Our glutes are made of three muscles; the maximus, medius, and minimus. In order to build well-rounded glutes, it's important that we target all three of these muscles, and that is exactly what I've included in this guide. In this program you will find my favorite at-Home workouts to help you sculpt your booty!

Abbreviations

E/S Each Side

E/L Each Leg

E/A Each Arm

TB Tube Band

PUB Pull up band

CB Cotton Band

LB Latex Band

HOME

BOOTY

Program

How to follow your plan

You will be training 4 days a week with three days in the week as your REST DAYS. The age long idea that you need to train every day for the best results is dead. You should not be training the same muscle group everyday. This is counterproductive. Now, you are free to choose your own rest days as well. You should aim for 2- 3 rest days a week. ITS UP TO YOU! (I'll talk about Rest days further along this guide). Your training days are 4 days weekly (you can train 5 days weekly if you wish). I want you to create your own schedules and stick to it.

Your challenge is grouped into weeks and days. You will see WEEK 1- 2, and WEEK 3- 4.

In each week for example week 1 and 2, you are provided with a set of exercises targeting your legs, booty, Abs, upper body and one HIIT day weekly . You are required to perform the same split for Week 1 and 2 as well as the ones in Week 3-4. The reason for this weekly structure is to help maximize growth in certain areas by consistently re-targeting the muscle with the same set of workouts.

You can follow the workouts as SUPERSETS (recommended) this is where you complete each exercise one after the other and then start again from the top and work your way down again until you complete your allocated sets.

Your workouts for each week will be divided into ROUND 1 and ROUND 2. Make sure to Complete each round!

Terms

SETS: A set is a series of repetitions performed sequentially. For example, eight repetitions can be one set of squats.

REPS: A repetition (rep) is one completion of an exercise, such as one squat, one lunge, or one RDL. A repetition maximum (1RM) is your personal best, or the most you can lift once in a single repetition of an exercise. Therefore, a 12RM is the most you can lift and successfully perform 12 repetitions with proper form

GLUTES: You will have a set of glute exercises each week, about 4-6

ABS: Your Ab workouts can be performed at the beginning or as your finisher each training day.

CARDIO: You will have 1 cardio/full body day weekly

UPPER BODY: Although this is a booty program, I have included one upper body training session each week. It is very important that you do not neglect your upper body regardless of what program you do.

Once again, does this mean you have the same workouts each week?

Yes! Why? Like I said before, muscle requires 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 it may seem as though workout routines can feel mundane or repetitive, in these cases you should add on more weight to increase the intensity, use resistance bands to challenge yourself even further, do more reps and sets as well. The goal is to progress, and get results!

When it comes to training, sticking to something for a longer period of time means that you can easily compare sessions to ensure progress. It also gives some time to build your skill. Luckily for you, this guide contains the perfect mix of both.

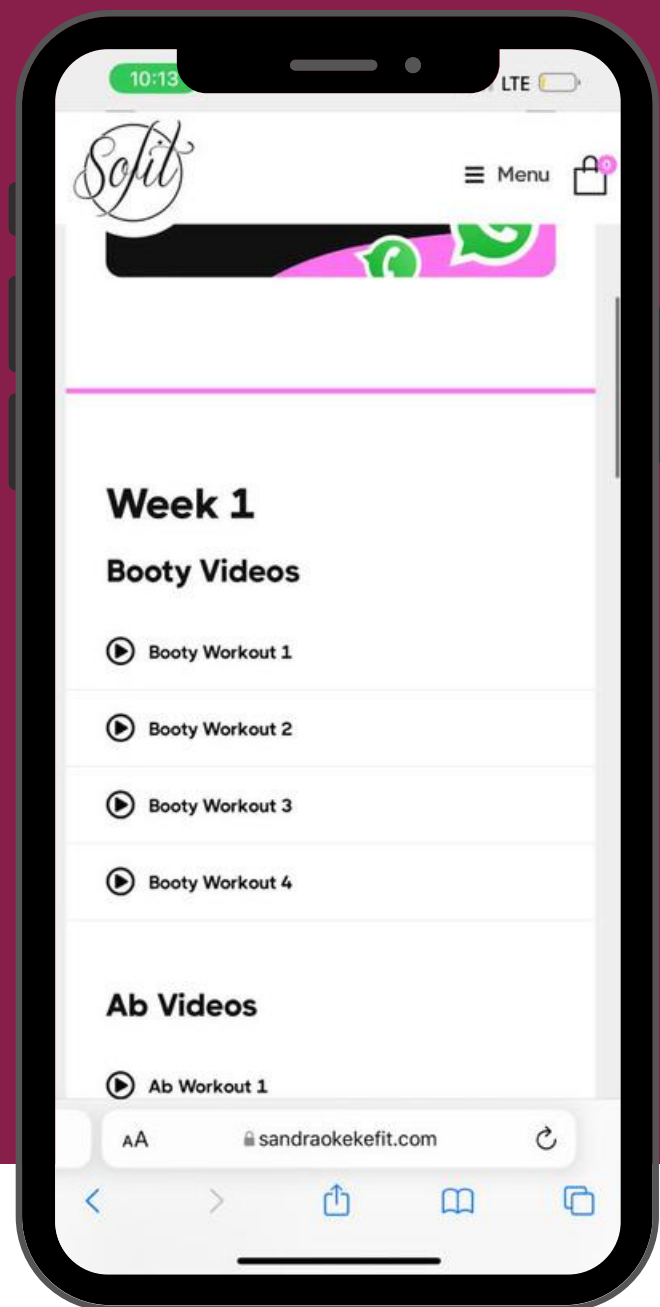
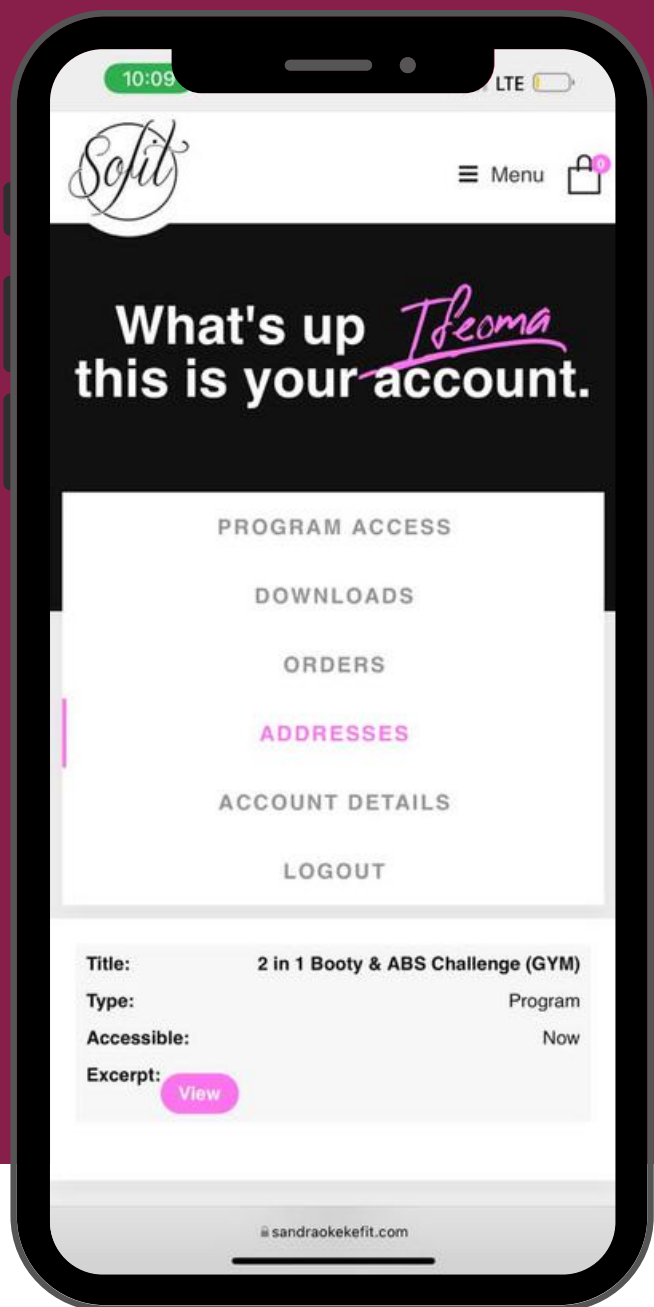
As I mentioned earlier, you'll repeat the same set of workouts for each given week so you can use the previous sessions as an accurate benchmark. This guide contains four weeks that are set up to increase intensity over time. You can alternate between how many days per week you want to train, depending on your schedule, on whether you have other sports activities planned or any other reason that might pop up! Whatever works best for you. But strive for a minimum of 4 days weekly!

Program Access

PLEASE LOG INTO YOUR ACCOUNT ON

WWW.SANDRAOKEKEFIT.COM/LOGIN as this is where all video demonstrations of each exercise can be found.

Also, You can easily be able to navigate the workouts by clicking the videos below !

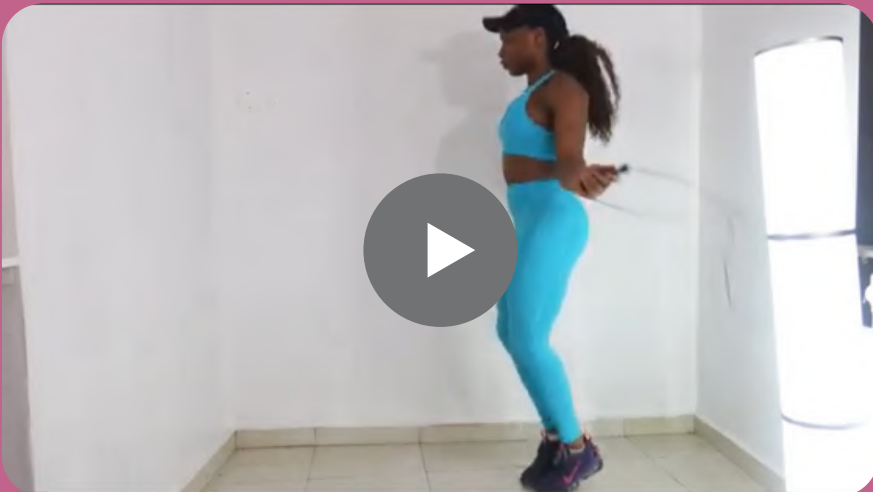


When you log into your account you should be directed to your Members Only dashboard. Click the 'View' button at the bottom left. Your videos will be in links below as well as your PDF nutrition guide to download. You can also access the videos by simply clicking on the exercises in this guide.

Lastly, I have designed this 4 week HOME Guide to be flexible and without unnecessary restrictions so that it can be easily incorporated into your everyday lifestyle. The plan will help you burn fat whilst building lean muscle, improve your fitness levels and help you become stronger and healthier in body and mind hence, "A healthy mind, in a healthy body." The most important factor to get the most out of this plan is consistency. Try to push yourself because if you stop, the results will stop. Make it part of your lifestyle and you will start to see your hard work pay off. You want it? Work for it!



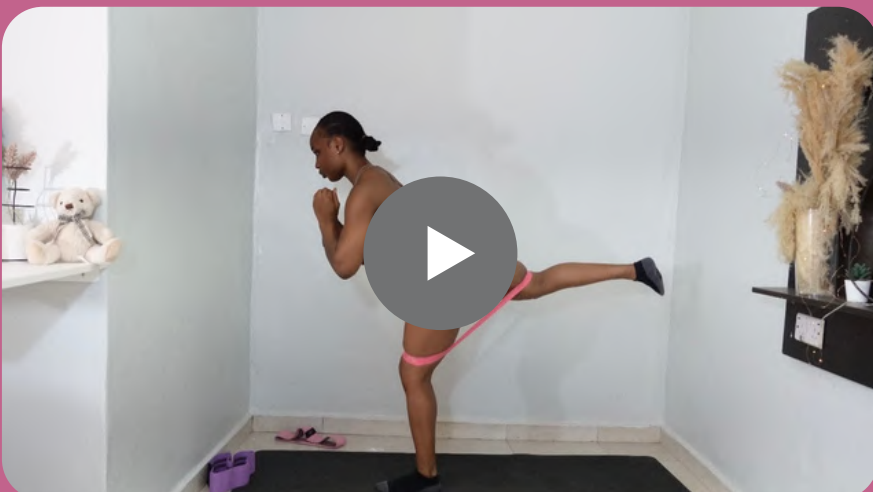
WARM UP VIDEO



SKIPS

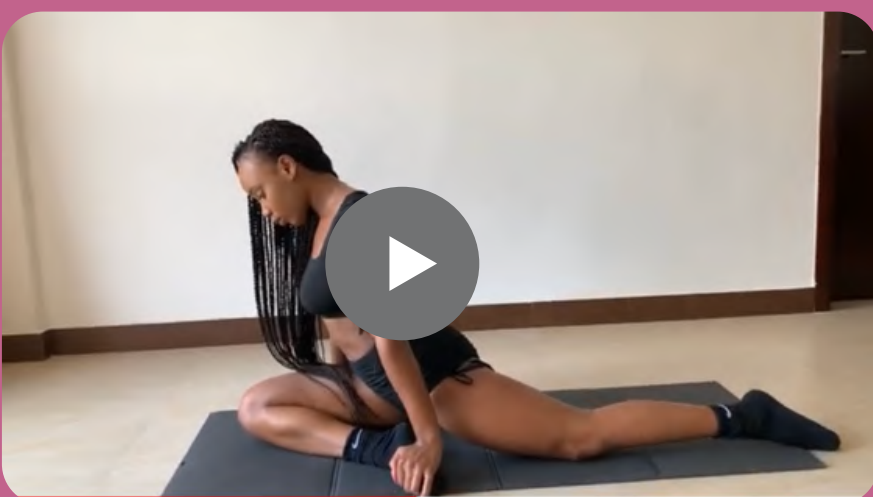
Skip for 10-15 minutes to get your body warmed up

GLUTE ACTIVATION



Do this before your lower body workouts

COOL DOWN/STRETCH

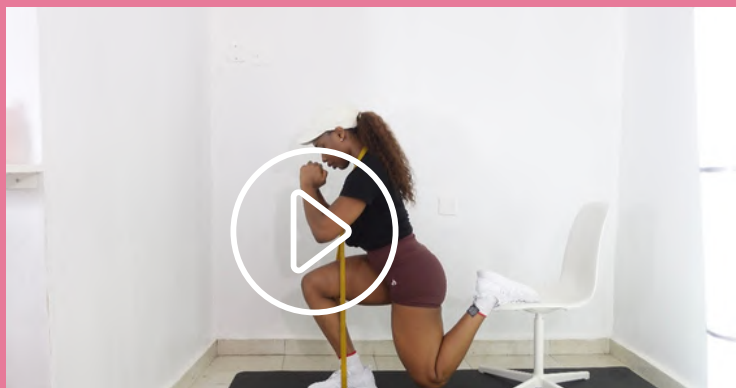


Stretch after your workout to cool down. Hold each position for 15 seconds

WEEK 1 - 2

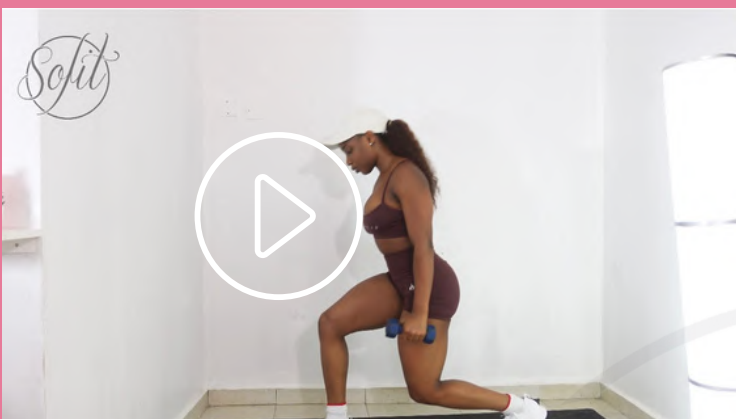
Monday

LOWER BODY



SPLIT SQUATS

4 sets // 10 reps



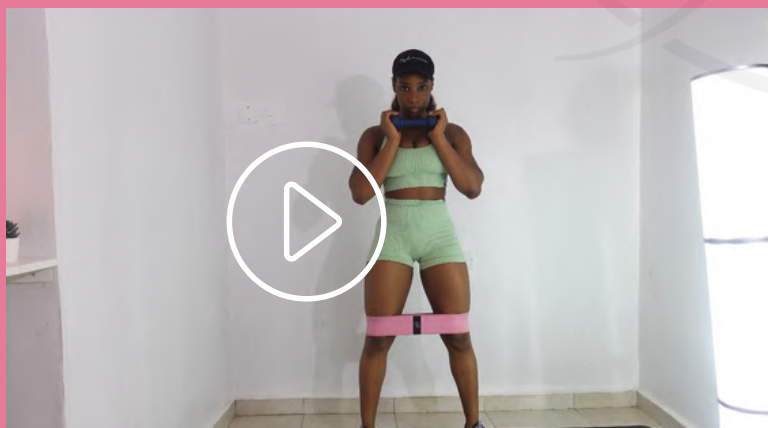
DB LUNGES

4 sets // 15 reps E/L



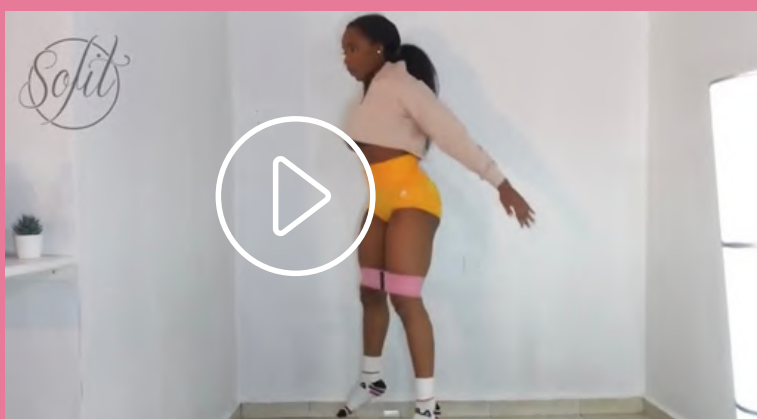
CB HIP THRUSTS

4 sets // 20 reps



CB SQUATS

4 sets // 12 reps



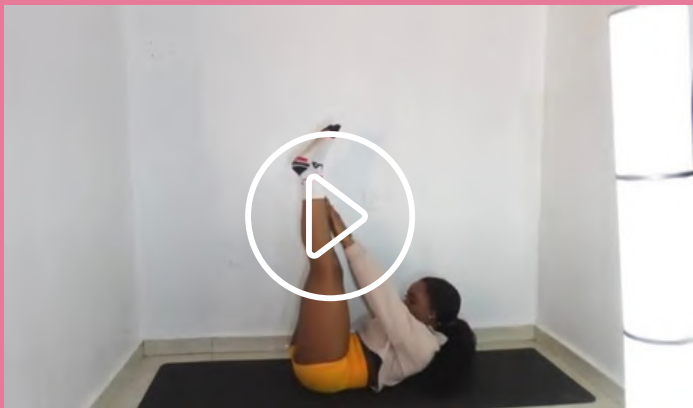
CB JUMP SQUATS

4 sets // 12 reps

WEEK 1 - 2

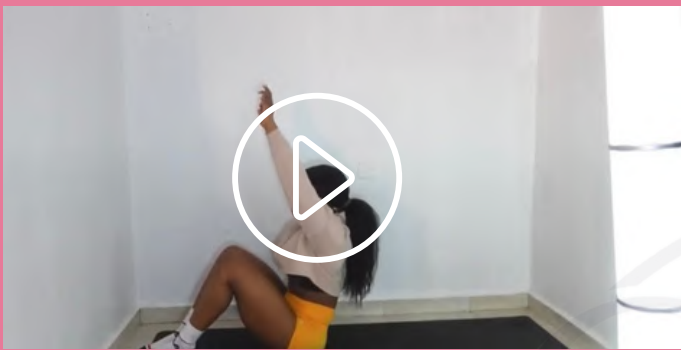
Tuesday

A B S



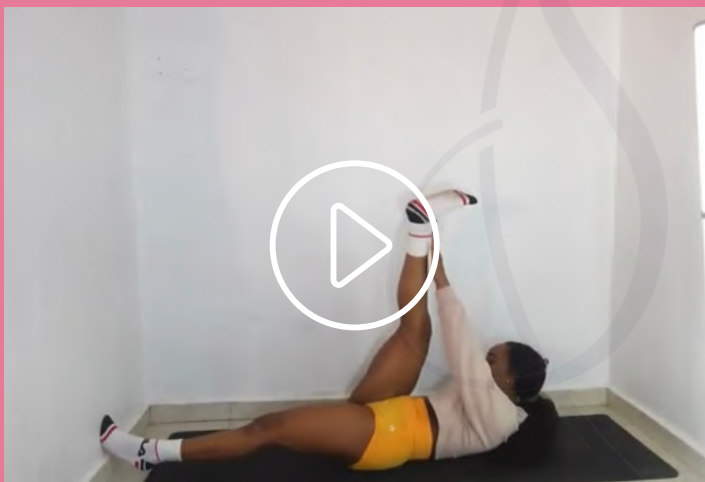
V-SITS

3 sets // 10-12 reps



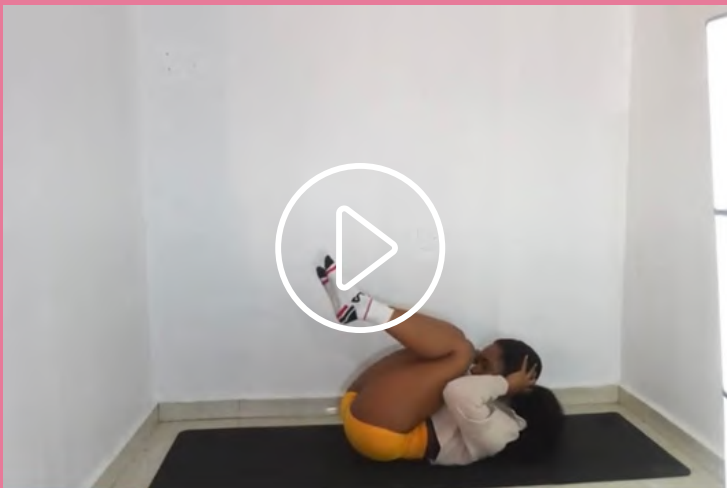
SIT UPS

3 sets // 30 seconds



TOE TAPS

3 sets // 30 seconds



CRUNCHES

3 sets // 12 reps



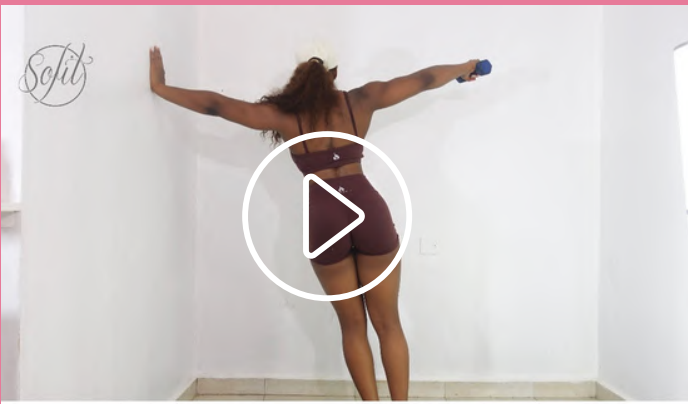
PLANK SHOULDER TAPS

3 sets // 60 seconds

WEEK 1 - 2

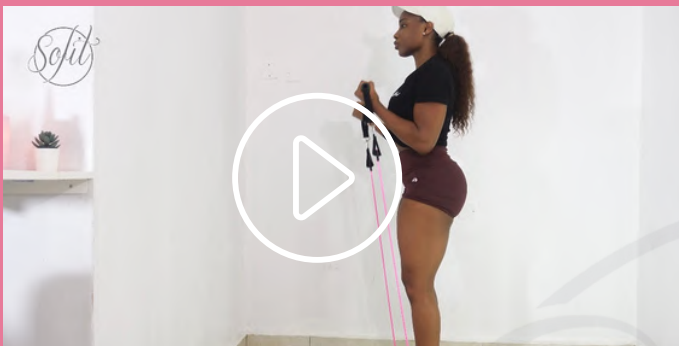
Wednesday

UPPER BODY



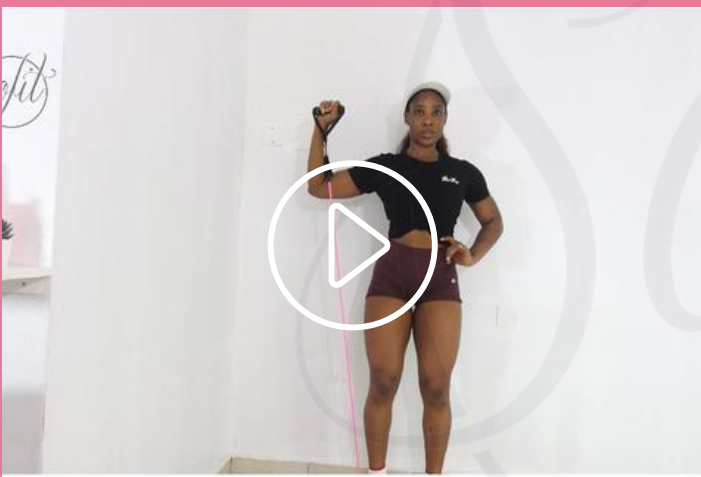
ONE ARM RAISE

3 sets // 10-12 reps



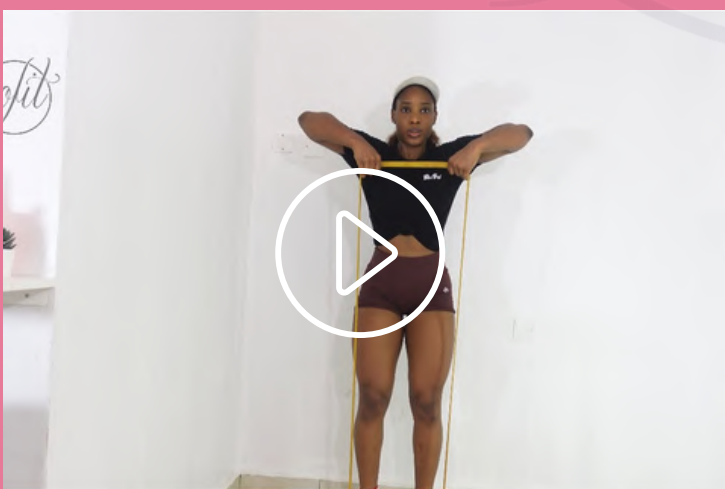
TB BICEP CURL

3 sets // 30 seconds



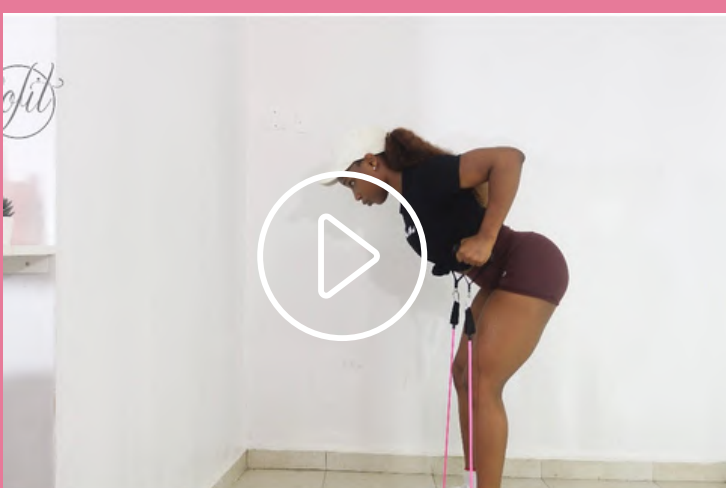
ONE ARM SHOULDER PRESS

3 sets // 30 seconds



PUB INVERTED RAISES

3 sets // 12 reps



TB BENT OVER ROW

3 sets // 60 seconds

A woman with dark hair in a bun, wearing a pink short-sleeved top and light blue shorts, is posing on a balcony. She is looking back over her shoulder towards the camera. The background shows a city with buildings and a railing. The text 'Thursday Rest Day' is overlaid on the image.

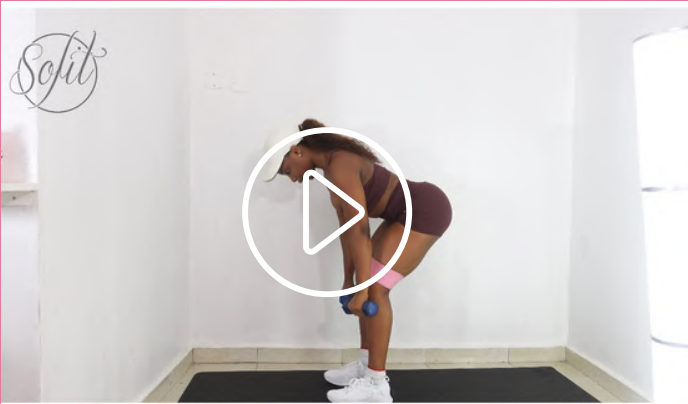
Thursday Rest Day

Good work babe,
take a breather as today is a rest day!

WEEK 1 - 2

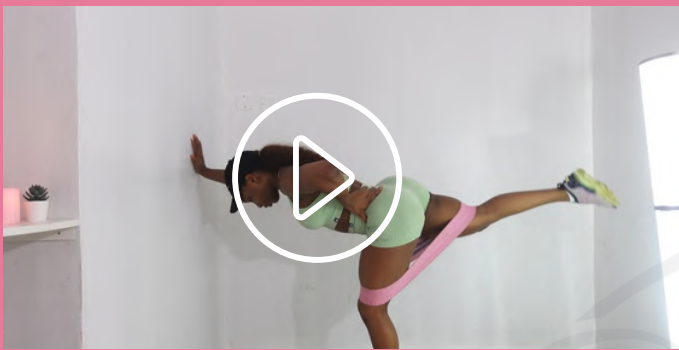
Friday

BOOTY FOCUS



RDL

3 sets // 10-12 reps



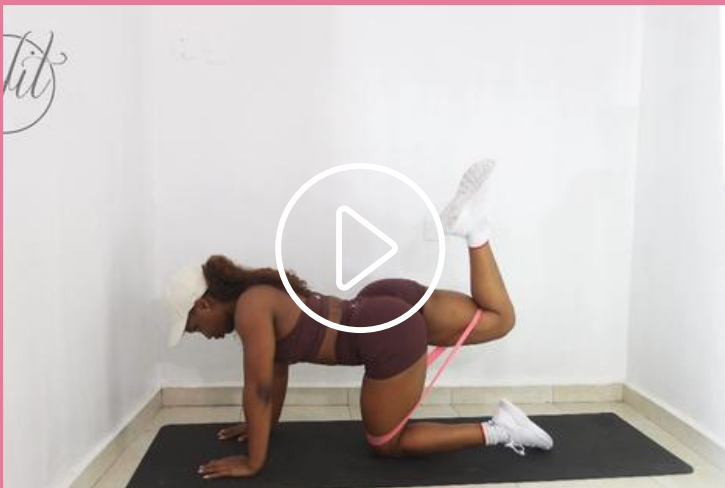
CB GLUTE KICKBACK

3 sets // 30 seconds



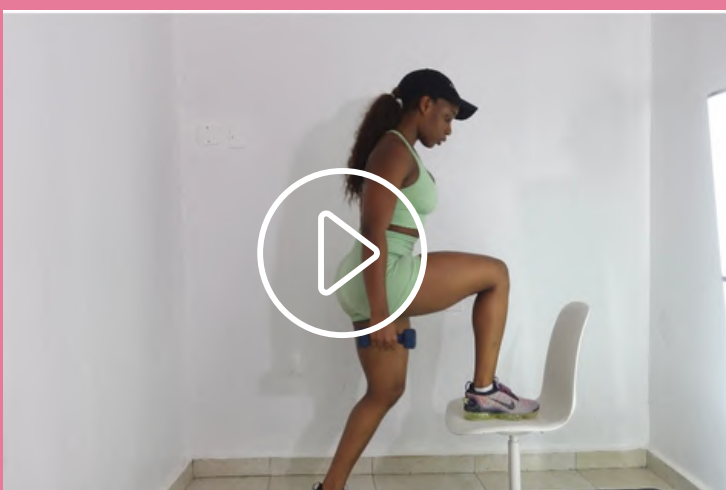
CB GLUTE BRIDGE

3 sets // 30 seconds



LB DONKEY KICKS

3 sets // 12 reps



DB STEP UPS

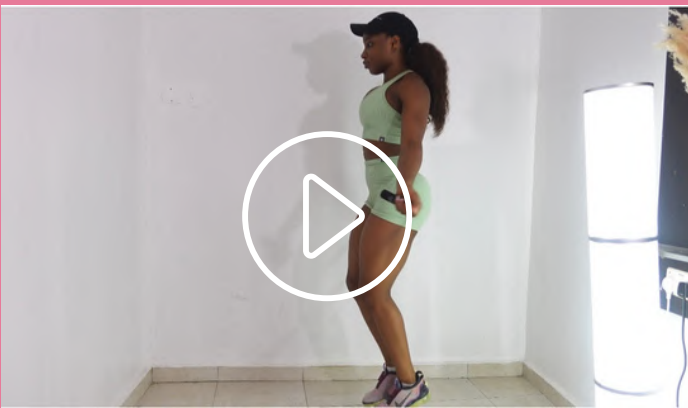
3 sets // 10 reps E/L

WEEK 1 - 2

Saturday

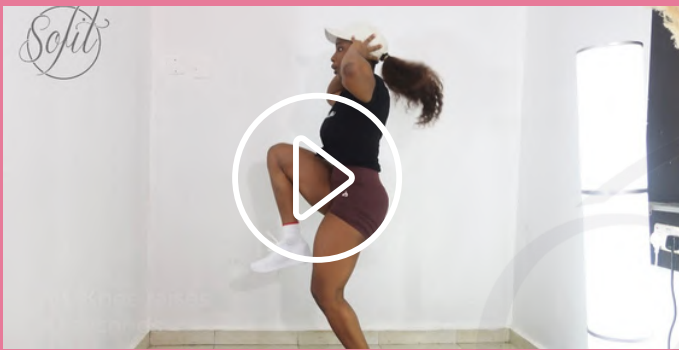
FULL BODY BLAST

For today's workout,
time yourself
and complete each
set



SKIPS

3 sets // 1 minute



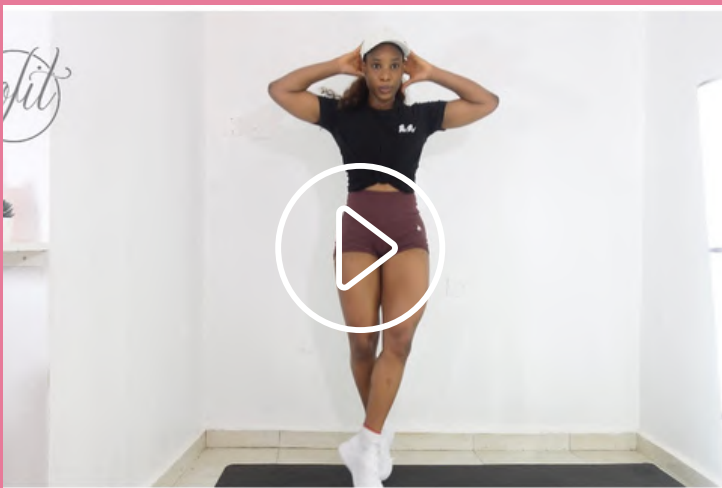
HIGH KNEES

3 sets // 30 seconds



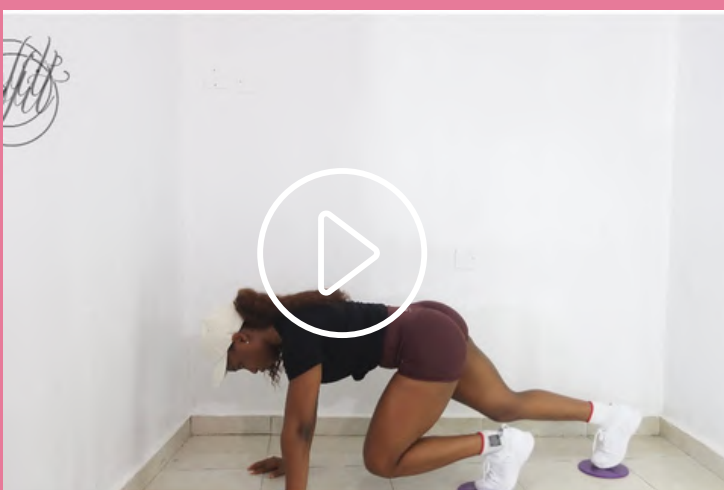
SQUAT FRONT KICKS

3 sets // 30 seconds



CROSS SQUAT HOPS

3 sets // 30 seconds



CORE SLIDER KNEE TUCK

3 sets // 10 reps E/L

A woman with dark skin and her hair in braids is posing on a balcony. She is wearing a bright pink short-sleeved crop top and light blue high-waisted underwear. She is looking directly at the camera with a slight smile. Her right hand is on her hip, and her left hand is resting on her thigh. The background shows a blurred view of a city street with buildings and a railing.

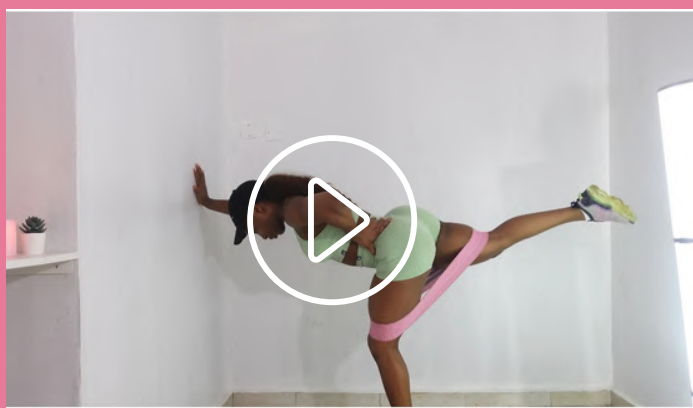
Sunday Rest Day

Good work babe,
Today is a rest day! You deserve it! These are
your workouts for Week 1 and Week 2!
Repeat these exercises next week!

WEEK 3 - 4

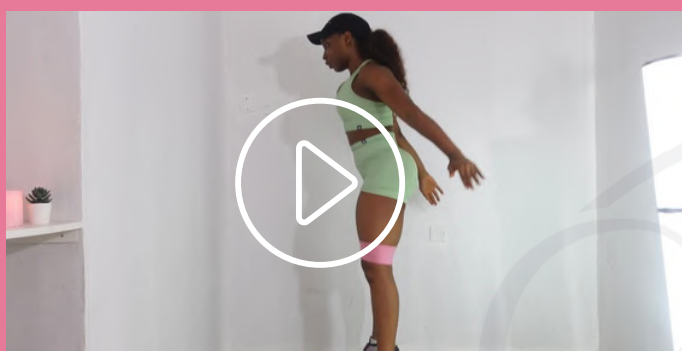
Monday

LOWER BODY



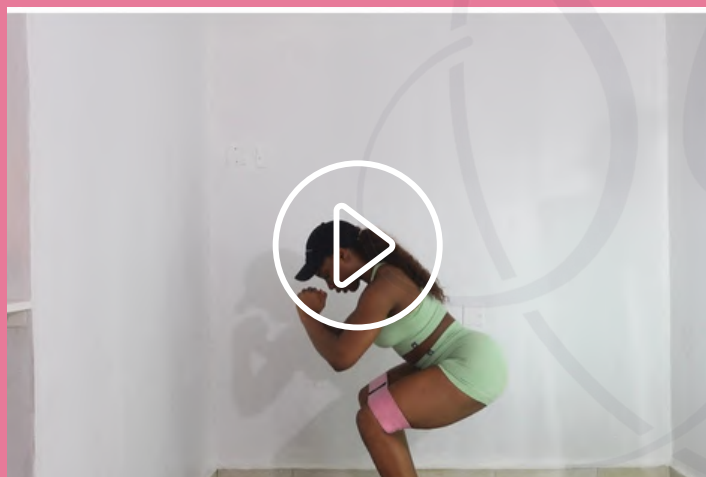
STANDING BANDED KICKBACK

3 sets // 10 reps each leg



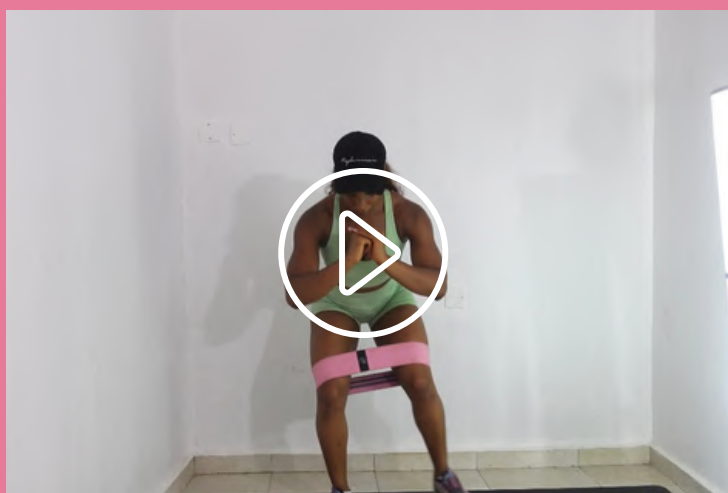
SQUAT JUMPS

3 sets // 15 reps



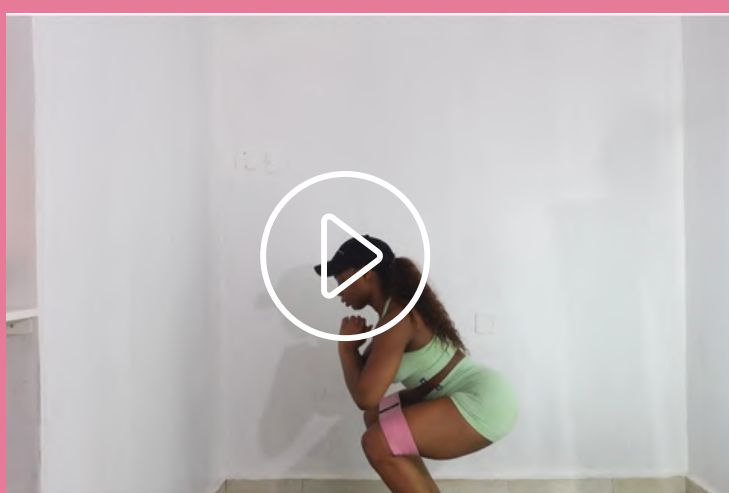
BANDED SQUAT PULSES

3 sets // 30 seconds



LATERAL SQUAT WALKS

3 sets // 30 seconds



SQUAT HOLDS

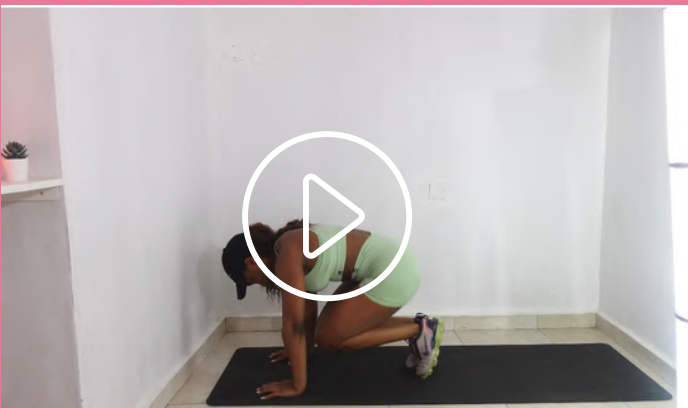
3 sets // 15 seconds

WEEK 3 - 4

Tuesday

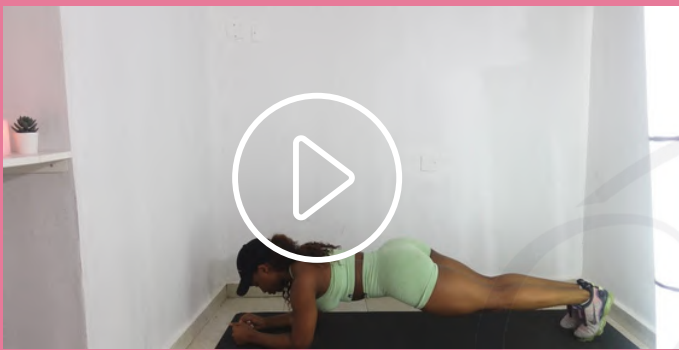
AB ATTACK

For today's workout,
time yourself
and complete each
set



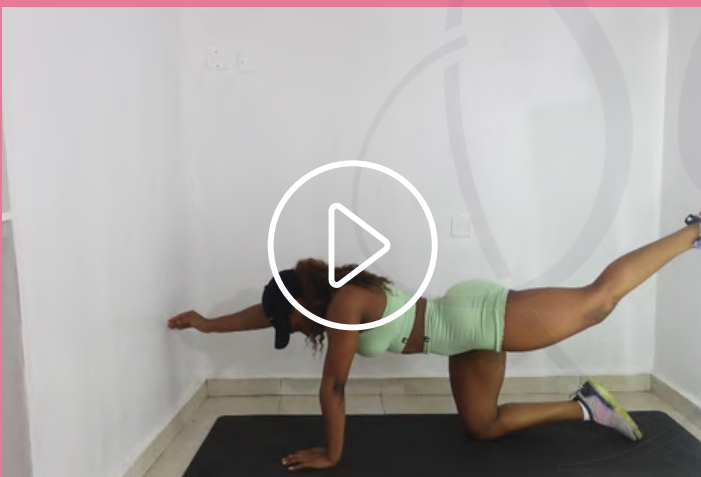
PLANK TUCKS

3 sets // 30 seconds



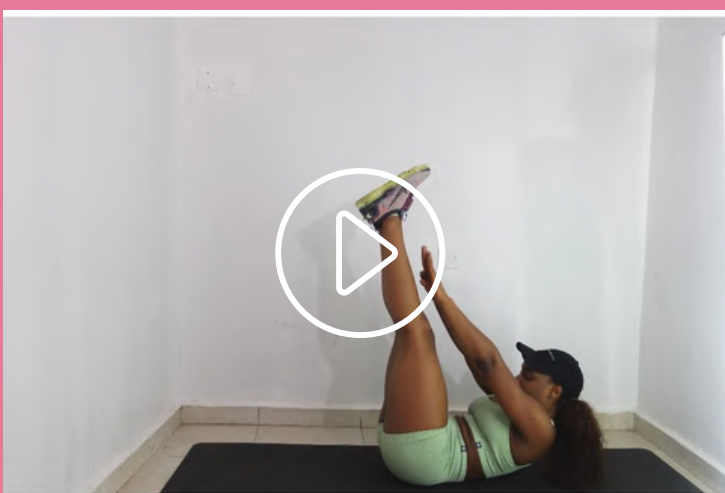
PLANK ROCKS

3 sets // 30 seconds



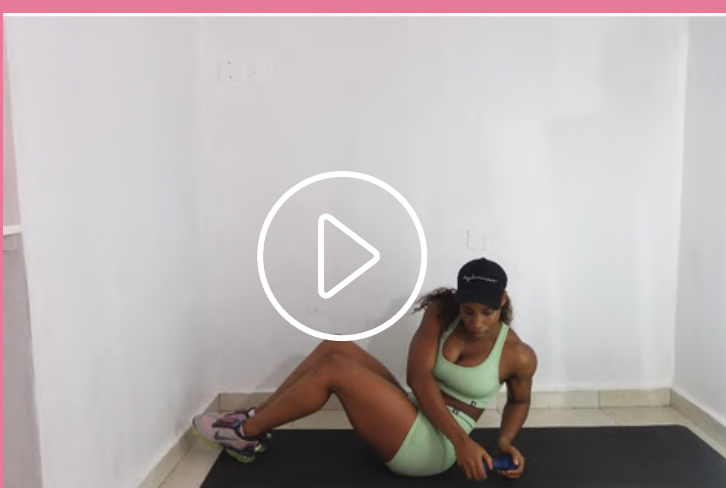
PLANK RAISES

3 sets // 30 seconds



V-SIT RAISES

3 sets // 30 seconds



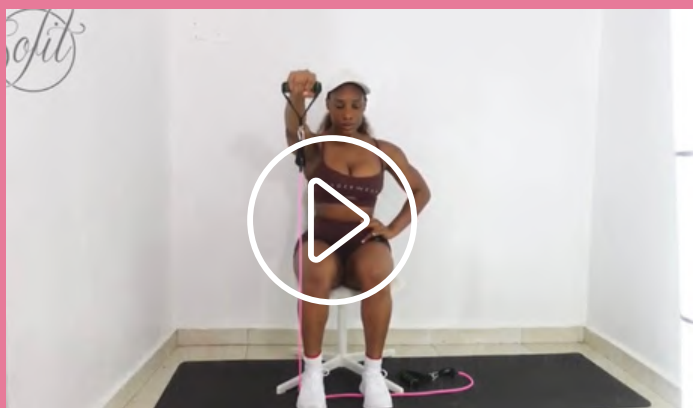
RUSSIAN TWISTS

3 sets // 60 seconds

WEEK 3 - 4

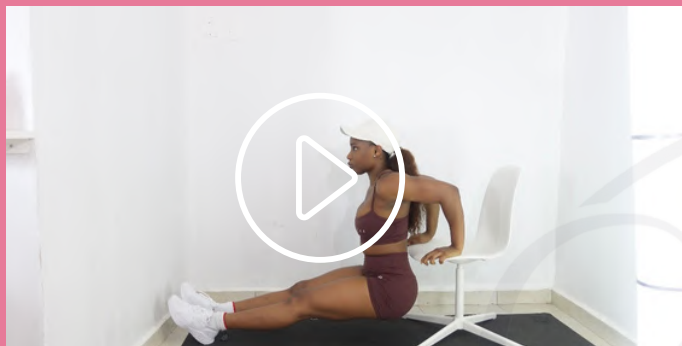
Wednesday

UPPER BODY



TB FRONT SHOULDER RAISE

3 sets // 12 reps E/A



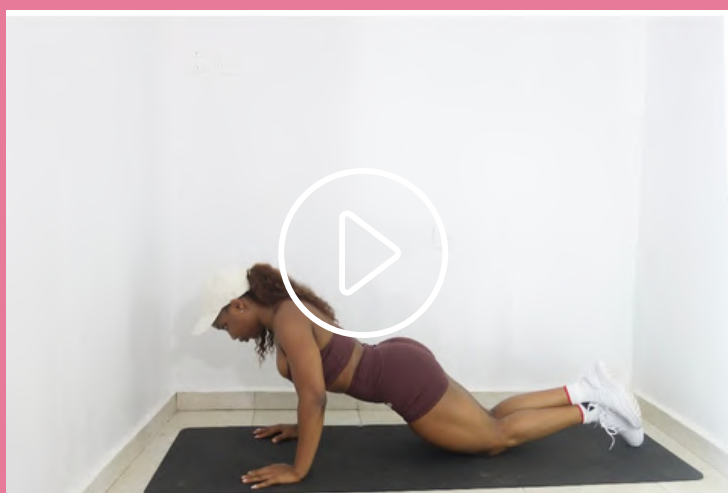
TRICEP DIPS

3 sets // 10 reps



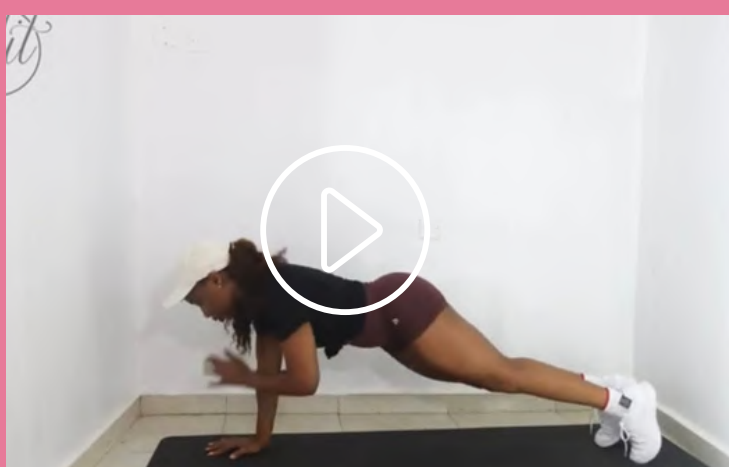
TRICEP EXTENSION

3 sets // 10 reps E/A



MODIFIED PUSH UP

3 sets // 8-12 reps



PLANK SHOULDER TAPS

3 sets // 30 seconds

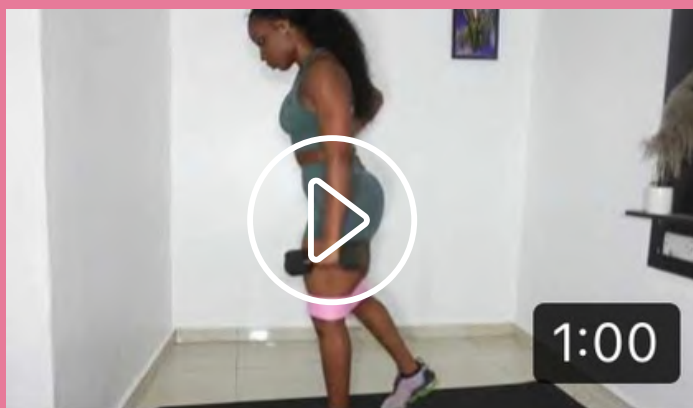
A woman with dark skin and her hair in small braids is posing on a balcony. She is wearing a bright pink short-sleeved crop top and light blue high-waisted athletic shorts. Her right arm is extended to the side, and her left hand is on her hip. The background shows a modern building with a grid-like facade. The text "Thursday Rest Day" is overlaid in the center of the image.

Thursday
Rest Day

WEEK 3 - 4

Friday

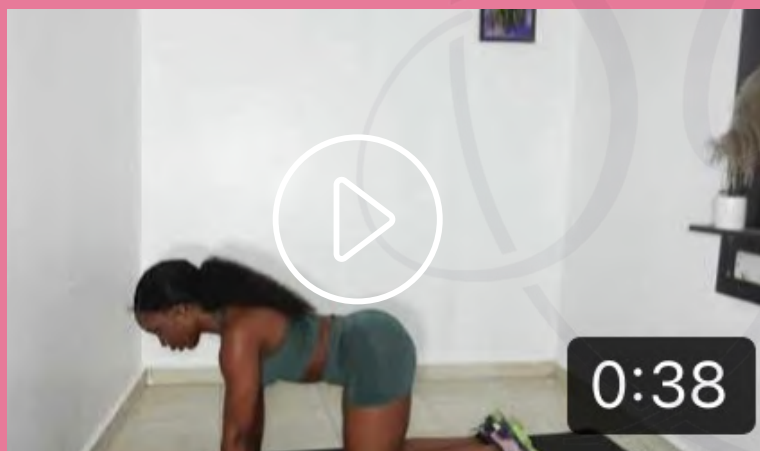
BOOTY + HAMSTRING FOCUS



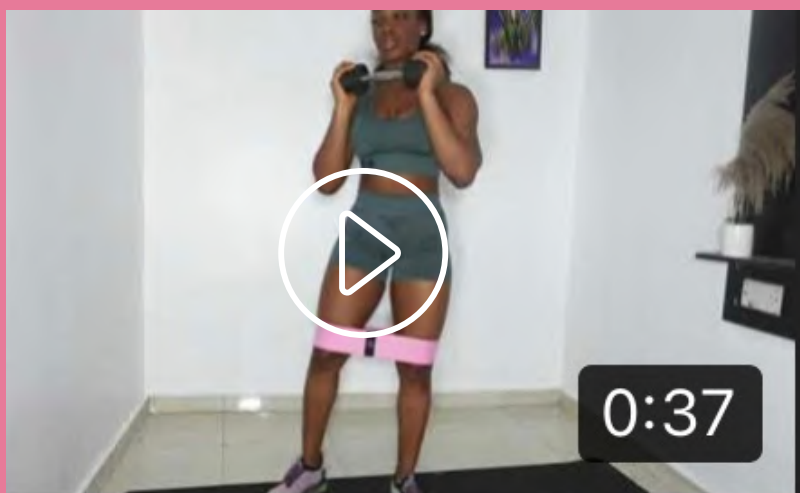
SINGLE LEG RDL
3 sets // 12 reps E/L



DB GLUTE BRIDGE
3 sets // 15 reps



DONKEY KICKS
3 sets // 12 reps E/S



CB SQUATS
3 sets // 15 reps



DB REVERSE LUNGE
3 sets // 10 reps E/L

WEEK 3 - 4

Saturday

FULL BODY ROUND 1



SIDE PLANK HOLDS

3 sets // 30 sec E/S



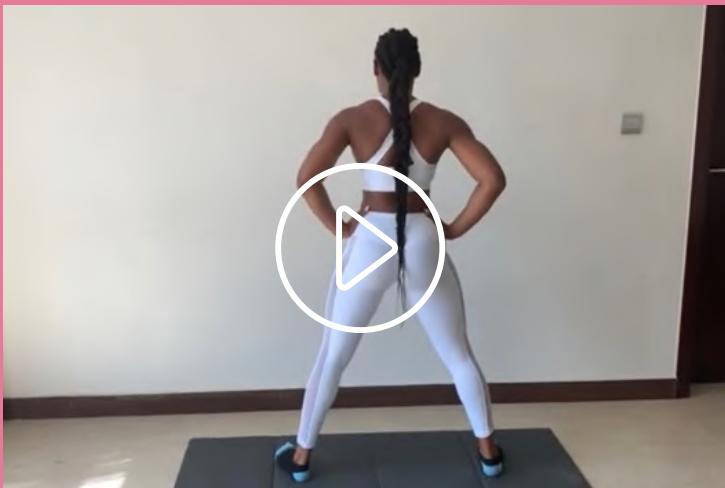
CALF RAISES

3 sets // 30 seconds



OBLIQUE CRUNCH

3 sets // 30 seconds



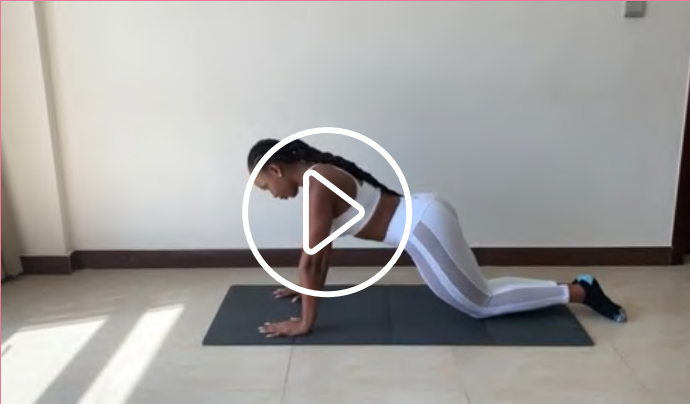
SUMO SQUAT

3 sets // 30 seconds

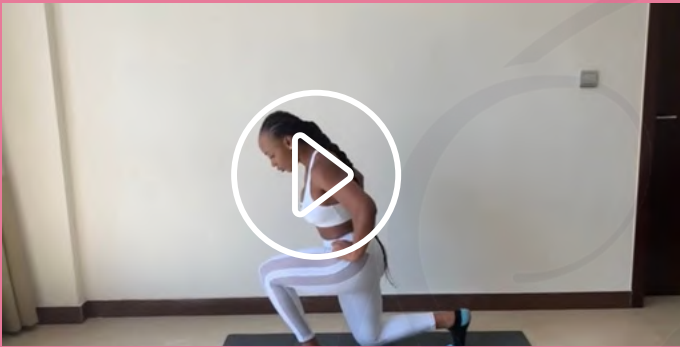
COMPLETE 3 SETS OF THIS ROUND THEN
MOVE TO ROUND TWO

WEEK 3 - 4

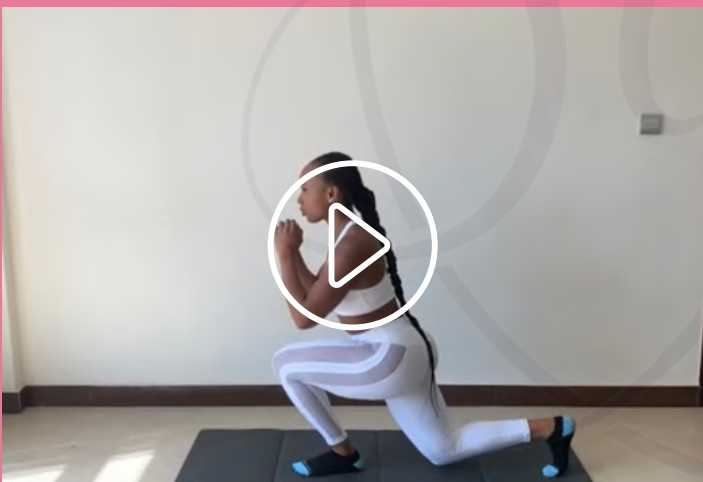
ROUND 2 :



MODIFIED PUSH UP
3 sets // 30 sec E/S



FORWARD LUNGES
3 sets // 30 seconds



REVERSE LUNGES
3 sets // 30 seconds

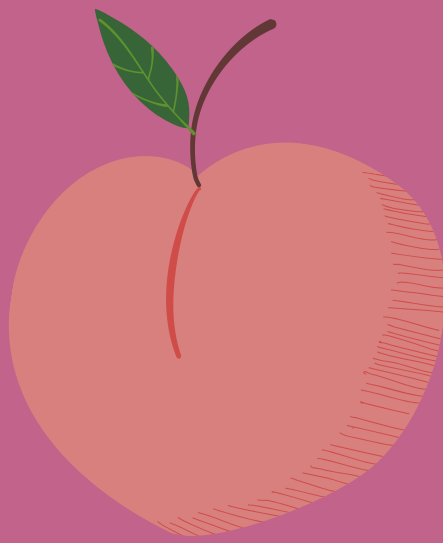


JACK KNIVES
3 sets // 30 seconds

A woman with dark hair pulled back, wearing a bright pink short-sleeved shirt and light blue high-waisted shorts, is leaning against a dark brown pillar. She is smiling and looking back over her shoulder. She is wearing grey and red sneakers. The background shows a modern building with large windows and a paved walkway.

Sunday *Rest Day*

Good work! These are your workouts for week 3 and 4! Repeat these exercises next week!



“You will never change your life until you
change something you do daily. The
secret of your success is found in your
daily routine.”

Sofit

