

GYM WORKOUTS



**S L I M   T H I C K**

4   W E E K   P L A N

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# ACCESSORIES RECOMMENDED



Shop all SOfit Accessories [here](#)





# Before you begin

1

IF YOU HAVE NOT ALREADY, Please purchase the accessories under RECOMMENDED . I recommend a set of our booty bands it can either be our cotton or latex bands, A skipping rope. Although you will be training from the Gym, the recommended accessories will come in handy for your warm up, glute activation exercises and pull ups.

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](mailto: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 #SOFITSLIMTHICK and tag @sofit\_ngr @sofit.1

4

PLEASE DOWNLOAD YOUTUBE and VIMEO 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

GET THE SOFIT APP FOR JUST \$1

With the app you will have access to various workouts and meal plans and new content is posted monthly. This will keep you motivated and consistent after this program ! The key to the best results is consistency.

**BUY MY APP HERE <https://sofitapp.co>**

**GET MY APP  
NOW**

**FOR \$1**







## PURPOSE OF THIS PLAN!

This gym 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!

**HOW TO**  
**FOLLOW**  
*this plan!*

Please read this next section very carefully



# How to follow your gym plan

The **SLIM THICK GYM** Challenge will provide you with the tools to train and nourish your body and build a healthier body and so much more! I am going to teach you the #SOFIT mindset. If you are new to one of my programs then you are going to learn how to love yourself just the way you are, and embrace every unique part of you!

Since SOfit first launched, I've seen my training and nutrition programs help countless others transform their bodies, their minds and their lives! Nothing makes my heart fuller than to see girls achieving the most extraordinary things and becoming body-confident! I am truly passionate about showing the world that all it takes is a plan that supports living life to the fullest with consistency and patience!

I want you girls to completely transform the way you FEEL. Together we will build curves, get stronger, become mentally resilient, and empowered! By following a workout plan designed to bring out your best shape, eating food that not only feeds your body, but also your soul, and joining a community filled with babes that are working towards their best self too - you will see that the sky is the limit!

This program has been modelled off exactly the way I train! A whoollleee lotta lower body training and toning upper body sessions.

## YOUR WORKOUTS

You will be training 4-5 days a week (**DAY 5 IS OPTIONAL**) with two days 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 everyday. This is counterproductive. Now, you are free to choose what rest days these will be for you! 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! This 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.

There's a reason why I refer to this Gym version of my Slim Thick program as a "train like me" program. This is because you will be following the exact same structure and training routine that I perform. 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. So you will see Monday-Thursday with Friday and Sunday as a rest day.

## **YOUR WORKOUTS FOR THIS PROGRAM ARE STRUCTURED INTO A ONE WEEK SPLIT.**

### *What does this mean?*

This means you are required to follow these exact workouts each day for the next month. The reason for this is, not only is this the best way to train for the best results, but 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. Doing random exercises every day to keep your training “fun” is not the most edge way to train.

## *Terms to Know*

**SETS:** A set is a series of repetitions performed sequentially. For example, eight repetitions can be one set of squats. 10 squats done 4 times is 4 sets (40 squats total)

**REPS:** A repetition (rep) is one completion of an exercise, such as one squat, one lunge, or one RDL. A Squat done ten times is 10 reps.

**1RM:** Also referred to as Personal Best, (one rep maximum or 1RM) in weight training is the maximum amount of weight that a person can possibly lift for one rep. It may also be considered as the maximum amount of force that can be generated in one maximal contraction.



## 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 3 lower body days, 1 upper body day, and 2 rest days AND You'll end your training week with a full body HIIT session to burn some extra calories. This session can be done at home! Here's the breakdown;

**Mondays: Leg Day + Abs**

**Tuesdays: Back + Biceps + Abs**

**Wednesdays: Glutes + Hamstrings**

**Thursdays: Rest**

**Fridays: Chest + Triceps + Shoulder**

**Saturdays: Full Body HIIT session \*can be done at home\***

**Sundays: Rest**

**You are to follow the same exercises each week**

After week 1, you are expected to follow the same routine the following week, for four weeks.

For each day you will have two rounds. Round 1 will have 4 exercises and you are expected to perform 2-4 Sets of each exercises here,

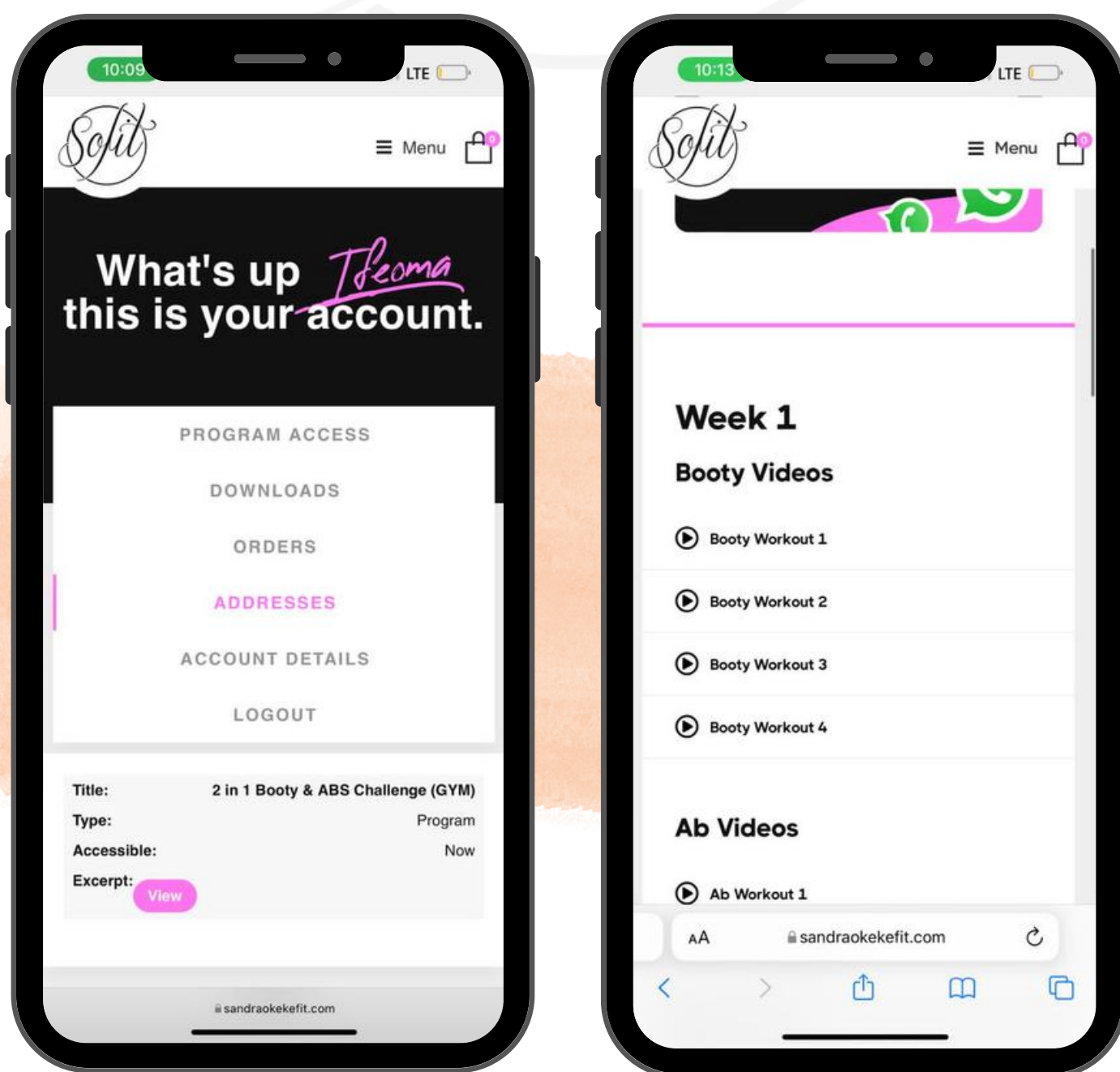
Round 2 usually has the same number of exercises You are also expected to complete 2-4 sets of each here as well. Please complete Round 2 after Round 1 within the same training session. Ideally it should take you 1 1/2 hours to complete your entire workout! As the weeks progress you want to be able to comfortably perform 3 sets of each round!

Your workout videos are not Follow-Along ! This means your exercises are just demonstrated in short, 20-30 second formats. The name of each exercises will be written in this guide as well as number of sets, and rest time. You are required to perform each exercise to the number of sets and reps given. Please follow these sets and reps!

## Video Access

Your videos are provided as LINKS when you are logged into your account on [www.sandraokekefit.com/login](http://www.sandraokekefit.com/login) ! **These videos are NOT downloadable!** We no longer provide direct videos to any individuals and we carefully took this into consideration to protect SOFIT GLOBAL VENTURES LTD. From copyright infringement. Your videos are hosted on YOUTUBE and only you with the links can see them. These videos are not visible to the public.

2. We've also made video access even easier by linking your videos in this guide. This is option 2. Click each video in this guide and you'll be redirected to view the video.



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**CHOOSING**  
**YOUR**  
*Weights*



# How much to lift

I don't give weight selections for my programs because, everyone is different and therefore is at a different fitness level and i may recommend weights that could be either too heavy or too light. You should know your strength level so choose weights accordingly. But i hope this helps you;

Wondering how much weight to lift is a common question for both beginner and advanced weight lifters for a good reason. Choosing an appropriate weight for your current fitness level is essential for achieving fitness goals and minimizing the risk of injury. To determine the ideal weight for a specific exercise: Choose a weight that allows you to do the first set of 10 reps with moderate ease. By the end of the tenth rep, you should find it somewhat difficult to lift but not so difficult that you are straining, holding your breath, or shaking excessively.

## PROGRESSIVE OVERLOAD :

In order to grow (build muscle over a period of time) you must apply the principle of progressive overload. This means consistently increasing the total workload during your training sessions to stimulate muscle growth and strength gain. This improvement can be through increasing your weights each set, doing more reps ,and/or doing more reps! It is vital that you do not remain static.

**For beginners or people looking to maintain overall fitness**, a good goal is to do 3 sets of 8 to 12 reps. This means choosing a weight that allows you to complete this many reps without struggling to finish the set. You can start with anything from 5-10kg but as time goes on you want to get stronger. Once you're comfortably doing 8-12 reps with your current weight, it's time to increase! Ideally you want to lift 2.5kg heavier in each set. Here's an example;

*set 1: 10kg Squats / 12 reps*

*set 2: 12.5kg Squats / 10 reps*

*set 3: 14.5 or 15kg Squats / 8 reps*

This method applies to everyone and not just beginners. If you are a bit more advanced then starting with 10kg may be too light for you. Start with anything between 15-20kg and apply the same system of progressive overload.

# ABBREVIATIONS

**BB** Barbell

**DB** Dumbbell

**E/W** Each Way

**E/A** Each Arm

**E/L** Each Leg

**E/A** Each Arm

FAQ's

Lastly, here are a few FAQ's that you may have about training:

## 1. "WHAT IS THE BEST TIME TO WORKOUT?"

It does not matter the time. The time you work out doesn't impact your result. The best time is YOUR time. What actually matters is that you find a time of day that works for you and that fits your schedule, and then stick to it. Fitness is not as complicated as people think it is. I personally prefer mornings because I like to train fasted (no food) and that's when I have the most energy. I get fatigued towards the evenings.

However, there are days I get loaded with work which includes filming, sponsorship photo shoots and meetings and I have to push my workouts to the evening or even the next day and that's ok! What matters is that I get it done and I make sure I train at least five days weekly

## 2. "HOW MANY TIMES SHOULD I WORKOUT A DAY?"

Your workouts for this challenge were designed to be done once a day. The age long idea that you need to train multiple times a day for "effective results" isn't true. You should not be over training. Try to complete the given sets and reps for your workout within the same session.

## 3. "SHOULD I EAT BEFORE OR AFTER MY WORKOUT?"

Similar to the first question, it all depends on YOU. A lot of people cannot function without breakfast and to train on an empty stomach can be hard for a lot of people so if you want to eat before your workout, do so. Try to get your meal in 30-45 minutes pre workout. This gives your body enough time to digest the food so you don't feel heavy. I take my whey protein and eat a high carb meal to get back up my energy.

**GYM**  
WORKOUT  
*Plan*



# Monday

## LEGS

WARM UP: 15 min treadmill, or skips



### SKIPS

3 sets of each// 60 seconds

Rest 40 seconds

## ROUND 1



### SMITH MACHINE SQUATS

3 sets // 8-12 reps

Rest 40 seconds



### MACHINE LEG PRESS

3 sets // 8-12 reps

Rest 40 seconds



### LEG CURLS

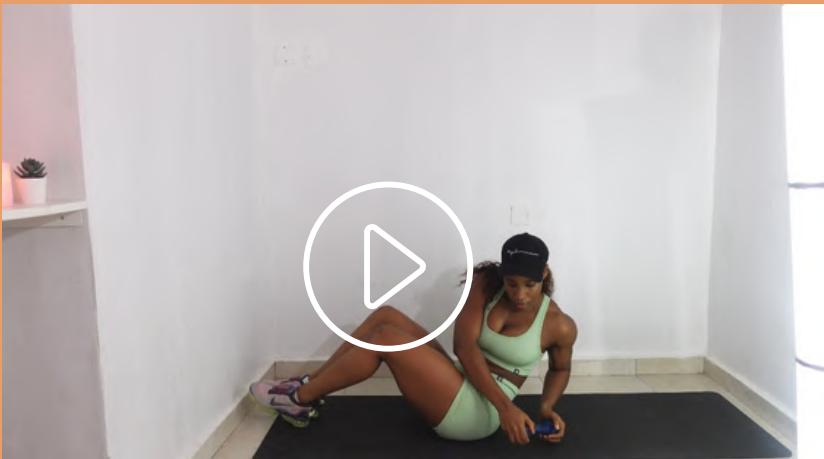
3 sets //10-15 reps

Rest 40 seconds

**DB WALKING LUNGES**

3 sets //

Rest: 40 seconds

**ROUND 2: AB FINISHER****RUSSIAN TWISTS**

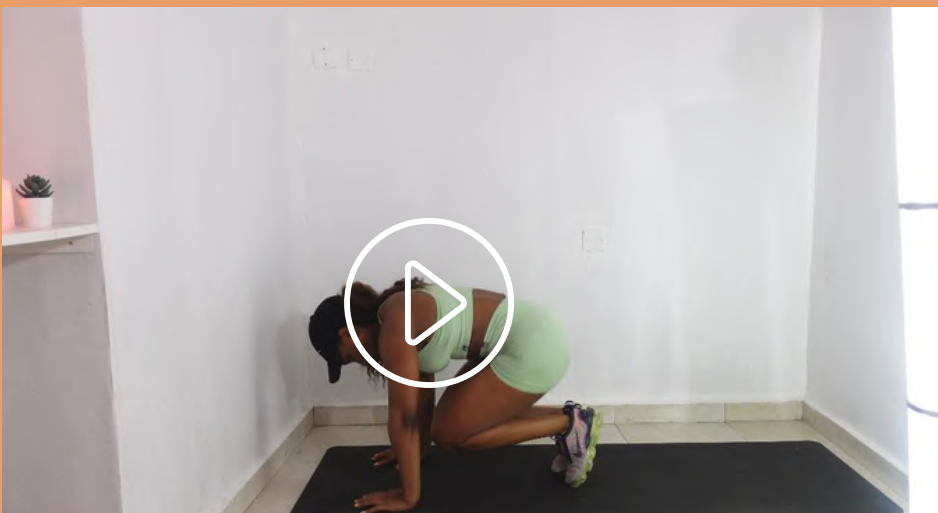
3 sets // 30 secs E/S

Rest: 40 seconds

**V-SIT RAISES**

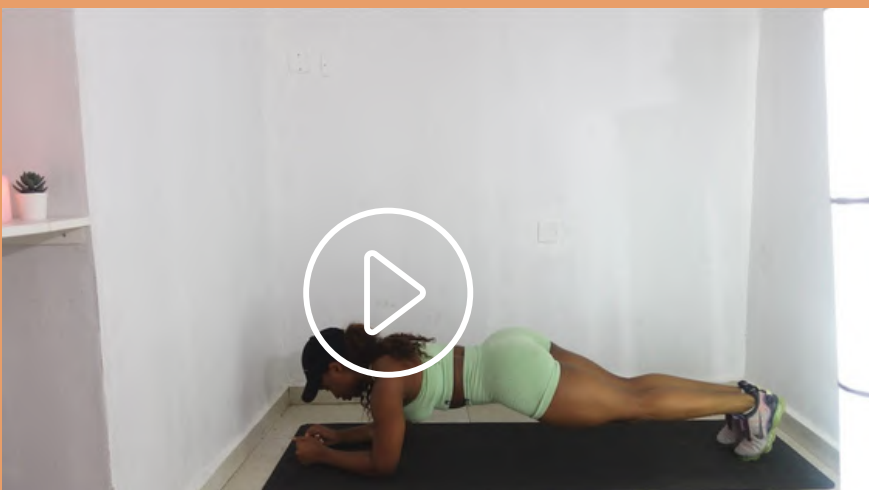
3 sets // 10 reps E/L

Rest: 40 seconds

**PLANK TUCKS**

3 sets // 12 reps

Rest: 40 seconds

**PLANK ROCKS**

3 sets // 30 seconds

Rest: 40 seconds



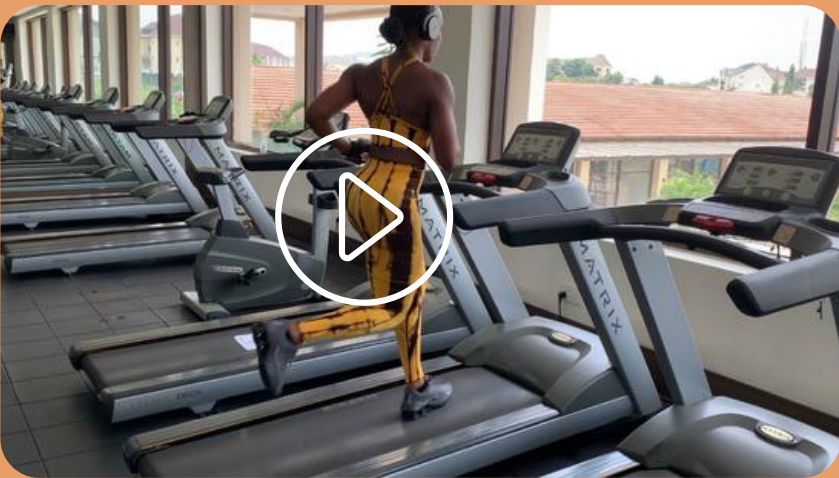
3

Tuesday

Sofit

## BACK & BICEPS

### WARM UP



### TREADMILL RUN

15 minutes

INCLINE OF 6

### ROUND 1



### CONVENTIONAL DEADLIFT

3 sets // 8-12 reps

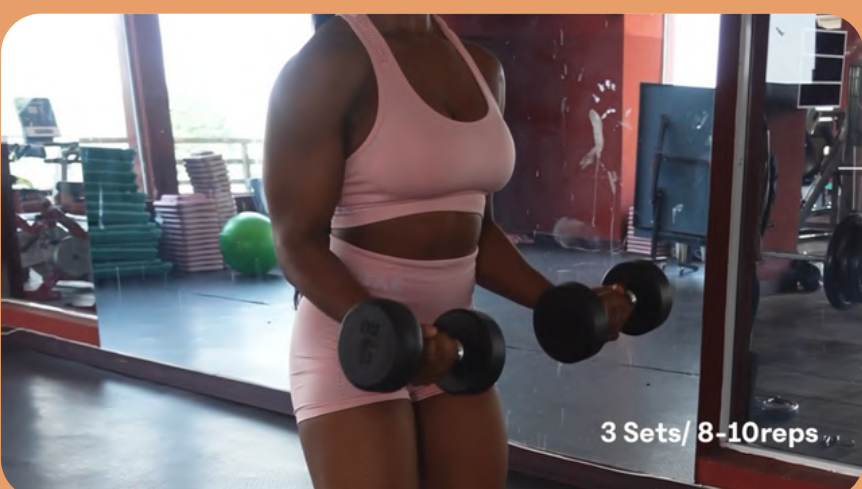
Rest 40 seconds



### CABLE LAT PULL DOWN

3 sets // 8-12 reps

Rest 40 seconds



### DB BICEP CURL

3 sets //10-15 reps

Rest 40 seconds



4

*Sofit*

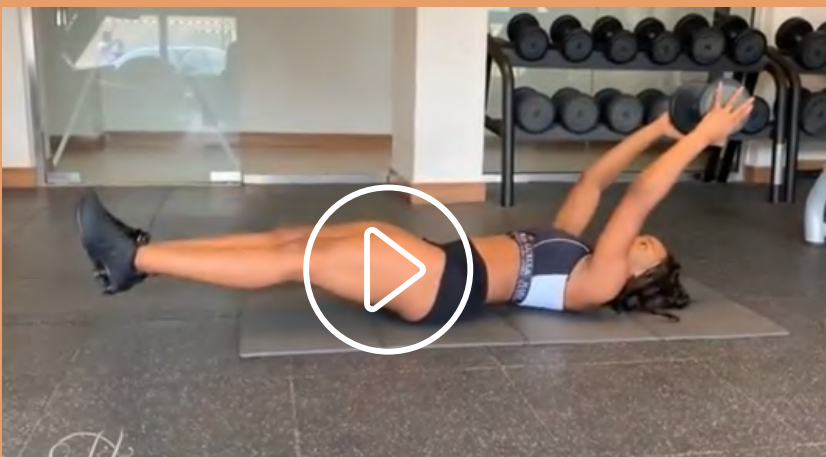


### **SINGLE ARM DB ROW**

3 sets// 10-15 reps E/A

Rest: 40 seconds

## **ROUND 2: AB FINISHER**



### **DB LEG RAISES**

3 sets // 30 secs E/S

Rest: 40 seconds



### **DB ALTERNATING LEG RAISE**

3 sets // 10 reps E/L

Rest: 40 seconds



### **HIGH PLANK HOLD**

3 sets // 60 seconds

Rest: 40 seconds



### **MOUNTAIN CLIMBERS**

3 sets // 60 seconds

Rest: 40 seconds



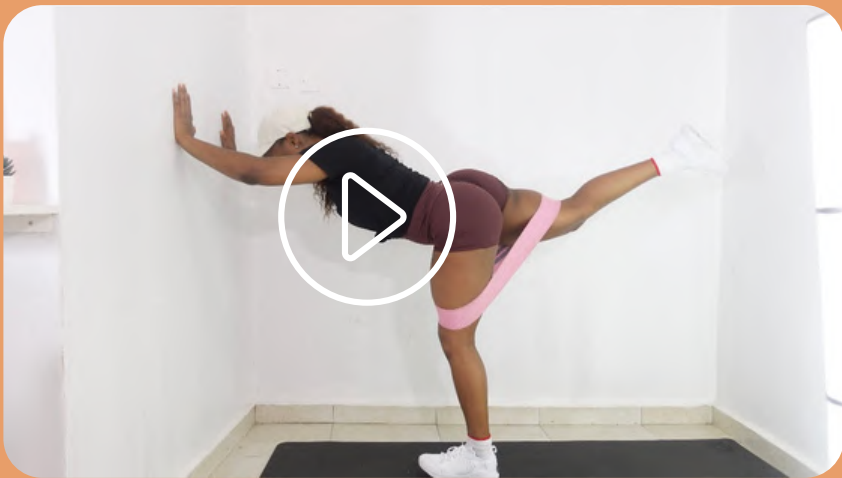
5

Sofit

# Wednesday

**GLUTES + HAMSTRINGS**

## WARM UP



### GLUTE WARM UP

2 sets only// 12 reps each

This is optional, You do not need to activate your glutes before lifting

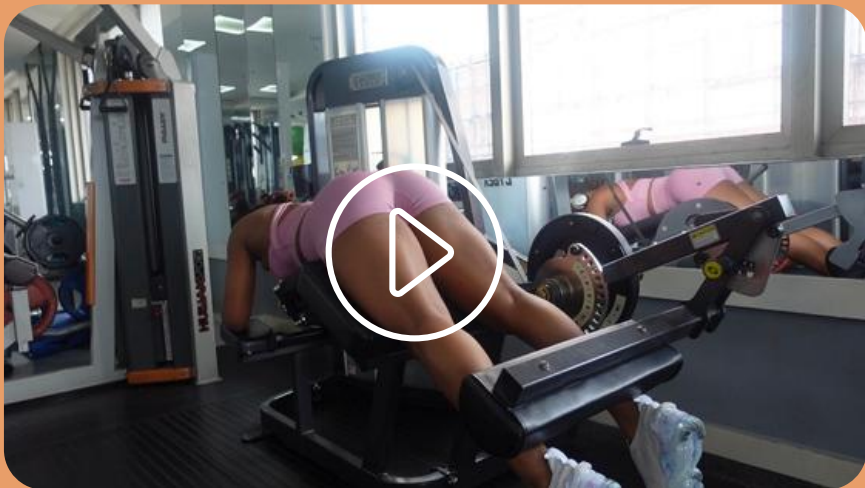
## ROUND 1



### BB HIP THRUSTS

3 sets // 8-12 reps

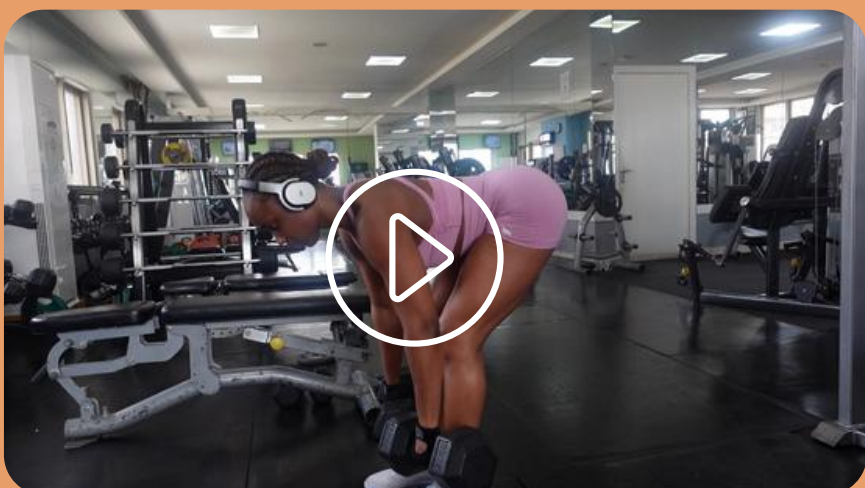
Rest 40 seconds



### HAMSTRING CURLS

3 sets // 10-15 reps

Rest 40 seconds



### DB ROMANIAN DEADLIFT

3 sets //10-15 reps

Rest 40 seconds



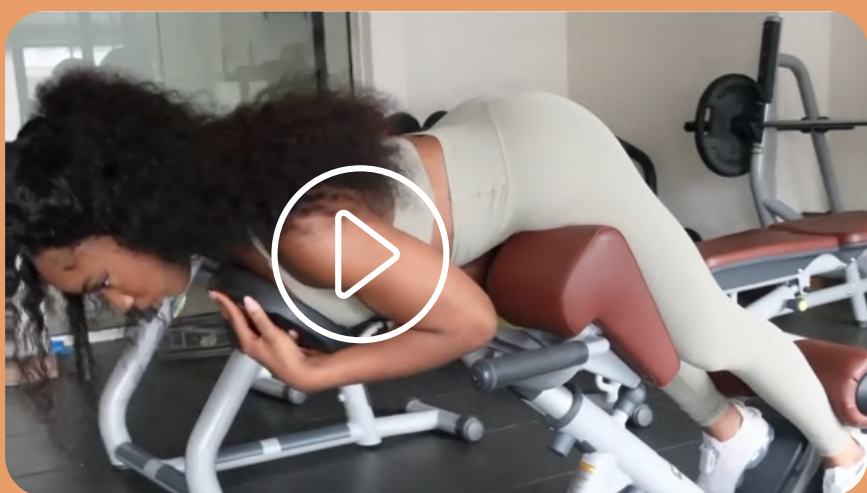
**GLUTES + HAMSTRINGS**

## ROUND 2

**BB BACK SQUAT**

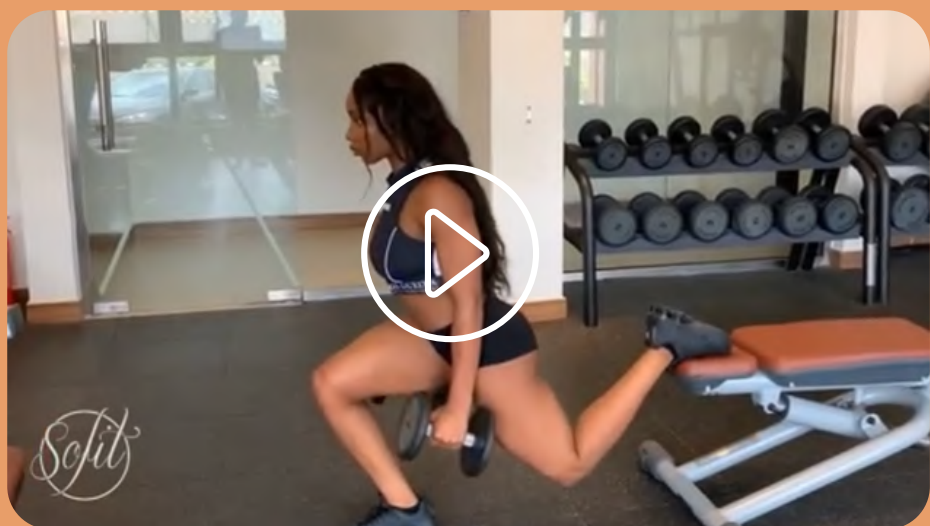
3 sets // 12 reps

Rest 40 seconds

**HYPEREXTENSIONS**

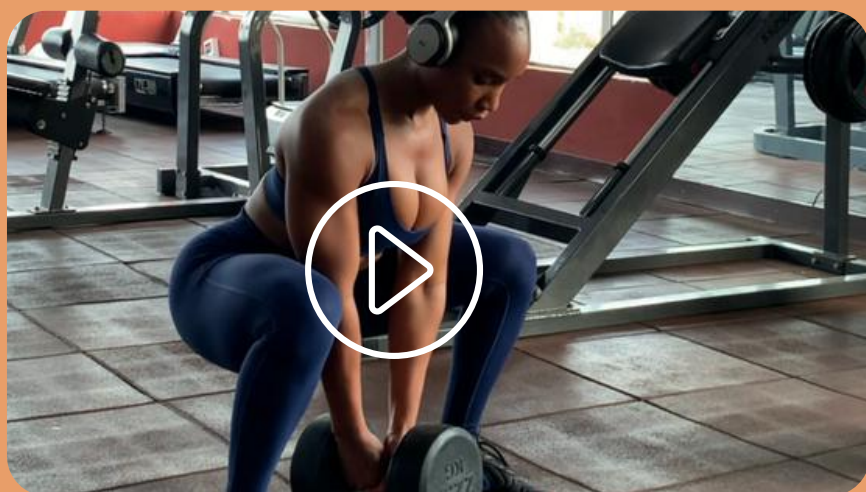
3 sets // 10-15 reps

Rest 40 seconds

**DB SPLIT SQUAT**

3 sets // 8-10 reps E/L

Rest 40 seconds

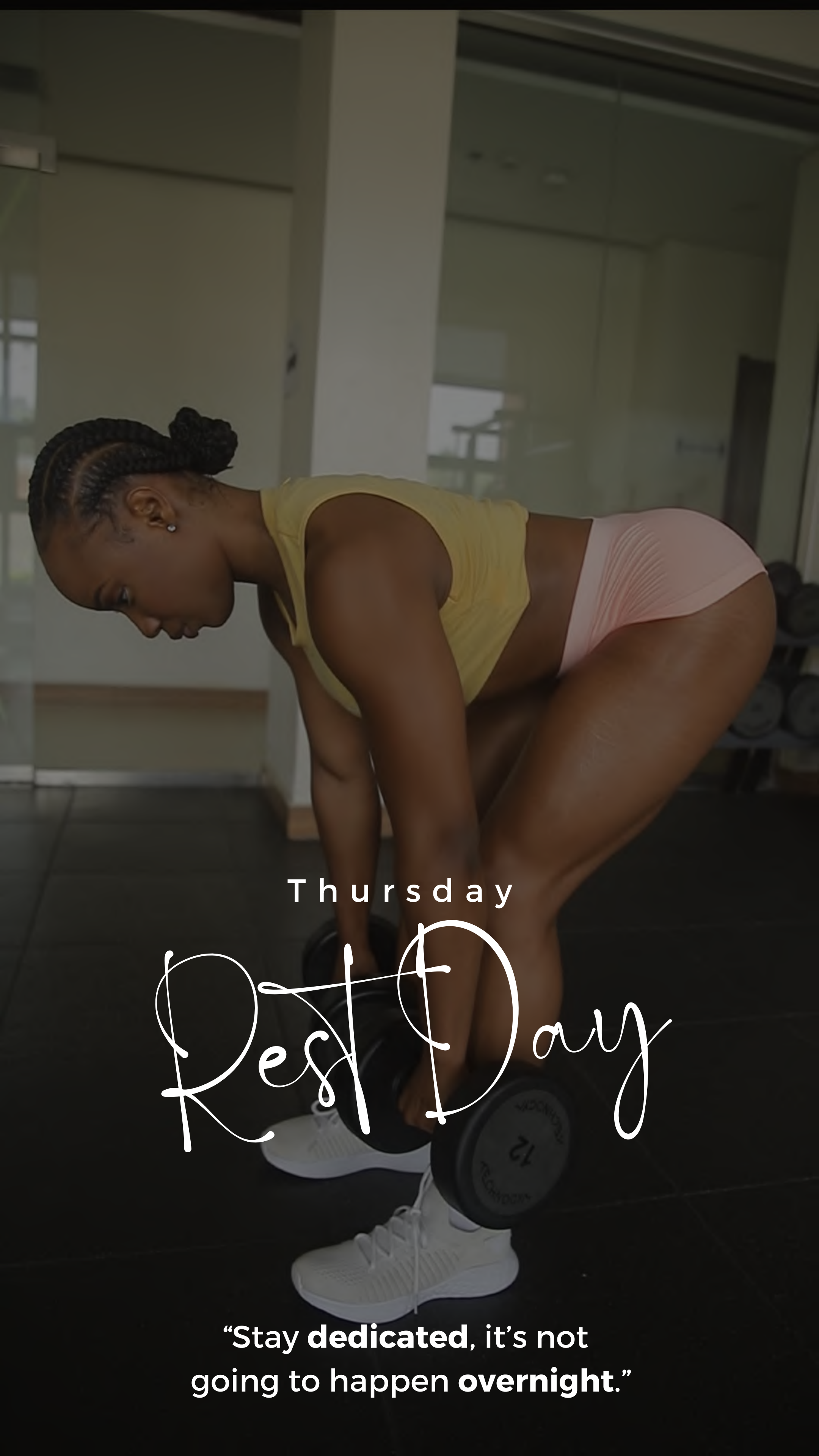
**DB SUMO SQUAT**

3 sets // 10-15 reps

Rest 40 seconds

Choose any 3 exercises in Round 2





Thursday

Rest Day

**“Stay dedicated, it’s not  
going to happen overnight.”**

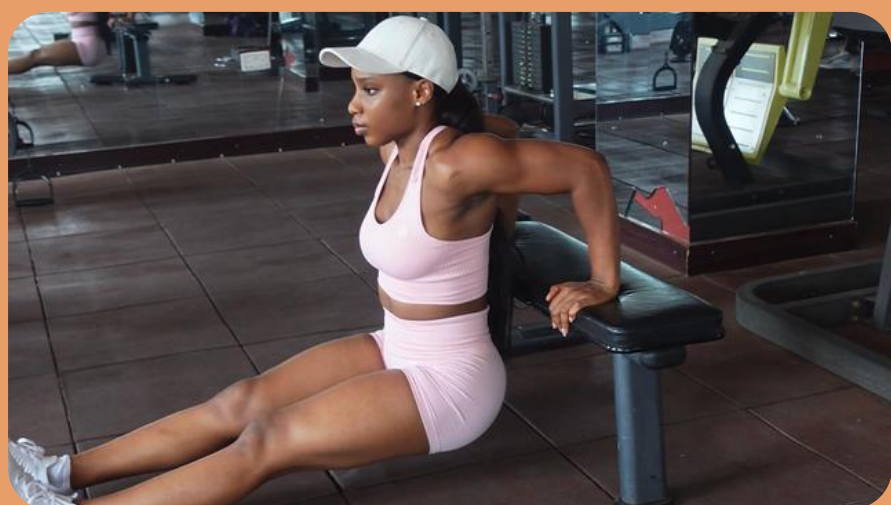
**CHEST + TRICEPS +  
SHOULDER**

WARM UP: TREADMILL (15 minutes)

ROUND 1

**BB BENCH PRESS**

3 sets // 8-10 reps

**TRICEP DIPS**

3 sets // 8-12 reps

**CABLE TRICEP EXTENSION**

3 sets // 8-12 reps

**REST FOR 40 SECONDS AFTER EACH SET  
TRY NOT TO REST IN BETWEEN EXERCISES**



## CHEST + TRICEPS + SHOULDER

### ROUND 2



#### FRONT PLATE RAISES

3 sets // 8-12 reps

Rest 40 seconds



#### SEATED SHOULDER PRESS

3 sets // 8-12 reps

Rest 40 seconds



#### MACHINE CHEST FLY

3 sets // 8-12 reps

Rest 40 seconds

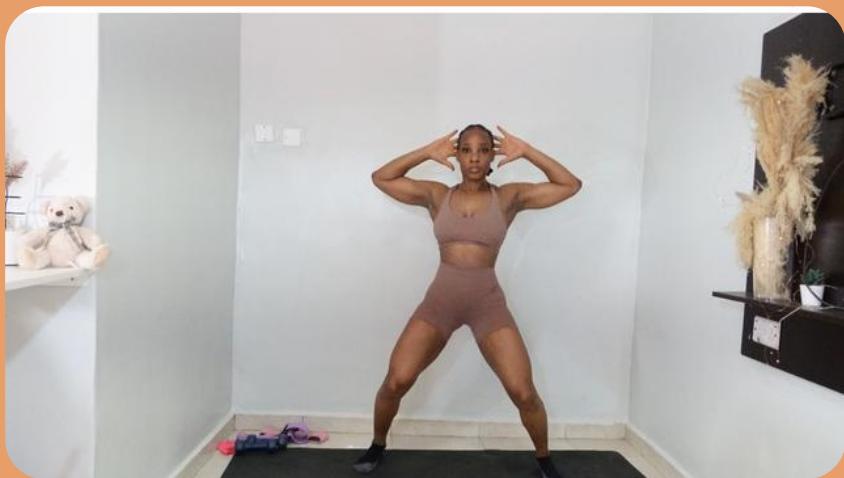
**REST FOR 40 SECONDS AFTER EACH SET TRY NOT  
TO REST IN BETWEEN EXERCISES**



# Saturday

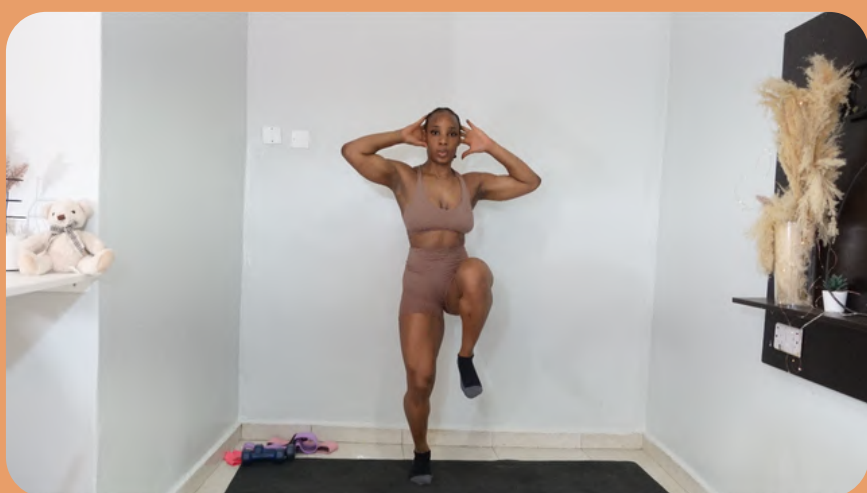
## HIIT

Rest 40 seconds after each set



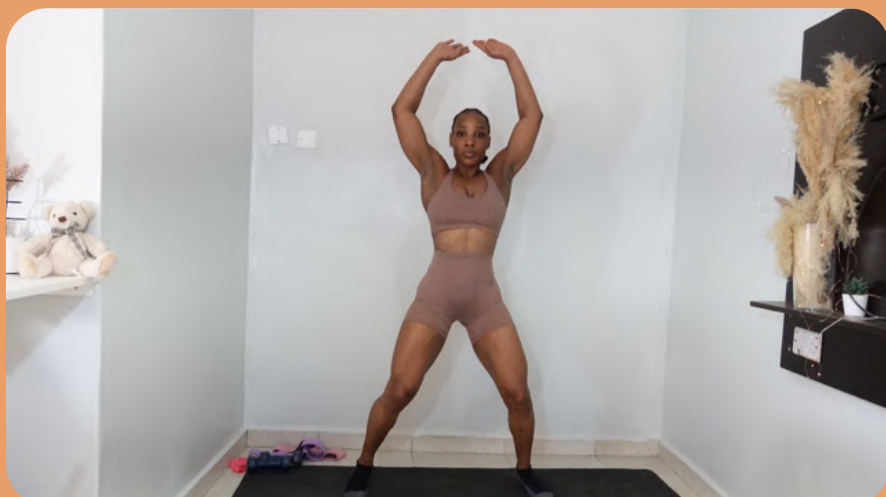
### ROTATING JACKS

3 sets // 30 seconds



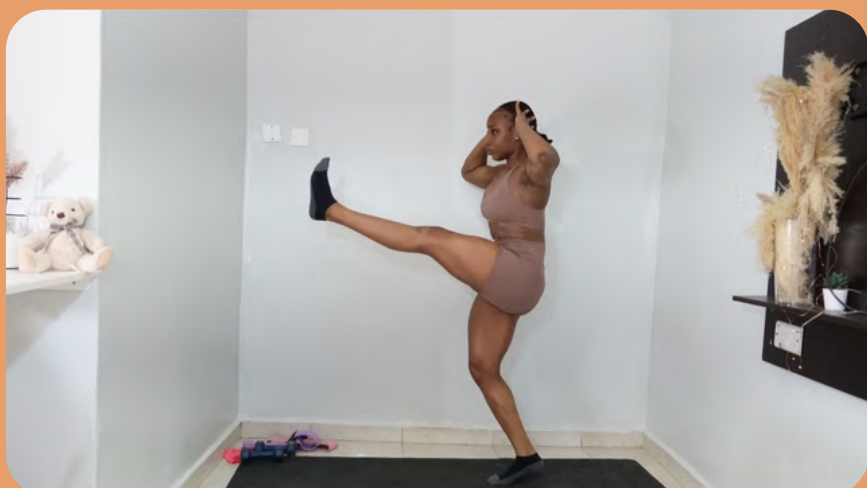
### SINGLE LEG KNEE HOP

3 sets // 8-12 reps E/L



### FLOOR JACKS

3 sets // 8-12 reps



### KNEE TUCK KICKS

3 sets // 10-15 reps E/L

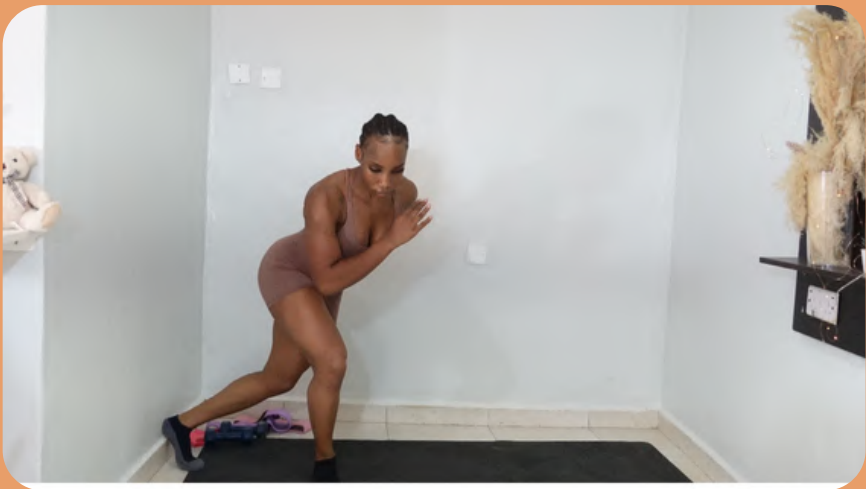


ROUND 2



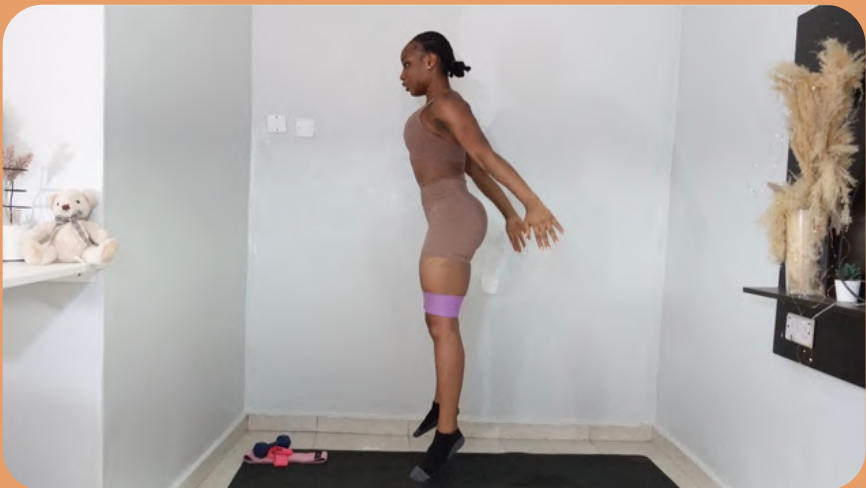
**CROSSOVER TWISTS**  
3 sets // 10 reps E/L

Rest 40 seconds



**SKATER LUNGES**  
4 sets // 30 seconds

Rest 40 seconds



**SQUAT JUMPS**  
3 sets // 8-12 reps

Rest 40 seconds

# COOL DOWN PRE / POST *Stretches*

HOLD EACH POSITION FOR 10-25 seconds



**TOE REACHES**



**PIKE HOLDS**



**FLAMINGO**



**CHILDS POSE**

[CLICK HERE FOR VIDEO](#)



# Good Work!

You've completed the SOFIT Slim Thick GYM plan. What's next for you? I recommend that you stick with this plan for at least 6-10 weeks! Also, to continue your journey with me 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!

**[CLICK HERE TO GET THE SOFIT APP](#)**

