

4 WEEK

SLIM THICK

GYM PLAN

lets begin!

Welcome to my SLIM THICK CHALLENGE. To most, a Slim Thick body just means having a bigger booty and a small waist but here at SOfit, in order to achieve a Slim Thick physique you will not just be doing booty and Ab exercises for 4 Weeks. You must train your entire body! A nicely toned back, Arms, legs and glutes gives you an overall amazing 'slim thick' physique. I've achieved my fitness goals in 5 years through many trials and error. Luckily, with this program guide you have ALL the right tools to help you cut through the bullshit and achieve those goals faster! Be committed, be consistent and get ready to TRANSFORM!



D I S C L A I M E R

I strongly advise that you consult with your physician before beginning this workout program as not all exercises are suitable for different individuals and levels of fitness. This program was built for healthy individuals with a solid baseline of fitness. SOFIT has no medical experience or title and cannot suggest which exercises or workouts that will work for a specific individual. This program is for educational purposes only and should not be used as a substitute for professional medical advice. 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.

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ACCESSORIES RECOMMENDED

1 Cotton
Booty band



Jump rope
for pre
warm ups



1 Pull Up band
for pull up exercises

Shop all SOfit Accessories [here](#)

LET'S TALK TRAINING

AND HOW TO
FOLLOW THIS
PLAN

please read this section carefully

WEIGHTED WORK

Resistance or weight training is essential for females to help us create a strong foundation which allows efficient weight loss and lean muscle mass gains. The weighted exercises I have chosen for you in this program are what I consider 'staples' in any of my training programs. In this program I have split your weighted sessions into three.

- Lower Body.
- Cardio/HIIT
- Upper Body
- Full Body

STABILITY + STRENGTH WORK

Stability training is one of the most important phases of your exercise program. Without it you will be out of balance and your risk of future injuries increases dramatically. As a female, whilst completing what can be quite intense workouts, it is important that we maintain our strength and stability.

Throughout this program I have put a lot of focus on core strength and stability. This is something which is extremely important for females and will help create that slim thick body shape we are after.

Many of the exercises in this program do not work just one area of the body, and therefore it is essential that every single part of your body is engaged. Do not be fooled by these exercises, they will seriously challenge you!

KEY FACTORS TO FOCUS ON

MIND TO MUSCLE (MTM) CONNECTION IS ONE OF THE FUNDAMENTAL KEYS TO A SUCCESSFUL SESSION

During every single workout I'm about to take you through, it's vital that you use your mind to properly engage, contract, and 'switch on' the muscle you are working.

eps you are doing are correct reps.

To successfully work a muscle group, you need to FEEL it working. You need to focus your mind on contracting the muscle; squeezing the muscle; and engaging the muscle with every single rep. Force your mind to focus solely on the exercise you're doing and the area you're trying to work. When you successfully do this it often takes a lot less reps to start 'feeling' the muscle burn. You may even not reach your usual rep range! But at least you know the reps you are doing are correct reps.

Now don't get me wrong – there are various compound movements in this challenge where you'll find yourself working more than one muscle group (for example your legs may also engage along with your glutes); and this is okay! The point I'm trying to emphasize is the successful connection of mind to muscle. 'Squeeeeeeze' with every rep; contract the muscles at the peak of every movement and watch how much of a difference this makes not only to muscle engagement but also your form!

The more to train yourself to focus on MTM connection; the better your muscle engagement will become!!!

On the other hand, by slowing down the eccentric (lowering) part of your reps and focusing on keeping a controlled speed (time under tension) you are forcing your muscles to work longer under a higher tension, which creates more muscle trauma, leading to increased muscle growth as a result. Time under tension allows for more tiring sets.

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 whoolllee lotta lower body training and toning upper body sessions.

YOUR WORKOUTS

You will be training 5 days a week (**DAY 5 IS A SWEAT TO THE BEAT SESSION**) 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.

SWEAT TO THE BEAT

Sweat to the Beat is a high energy, cardio step program i created which incorporates full body workouts alongside upbeat music to help you build endurance, burn calories, have fun all while moving to the beat. In this program I've included 3 high energy routines as your cardio sessions to end your week, each Saturday!

I recommend you combine these workouts with any other weightlifting/ workout routine you may have. This can be your cardio routine to end your week!

Because most of the routines will be done along to the tempo and beat of the music selected, there are no standard reps for each movement however, you are recommended to perform 2-3 rounds of each routine given. There are only 3 videos available to you.



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.

ABBREVIATIONS

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;

MON.	TUES.	WEDS.	THUR.	FRI.	SAT.	SUN.
GLUTES/ QUADS	BACK/ BICEPS	TOTAL LEGS	REST	CHEST/ TRICEPS	SWEAT TO THE BEAT HIIT	REST

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

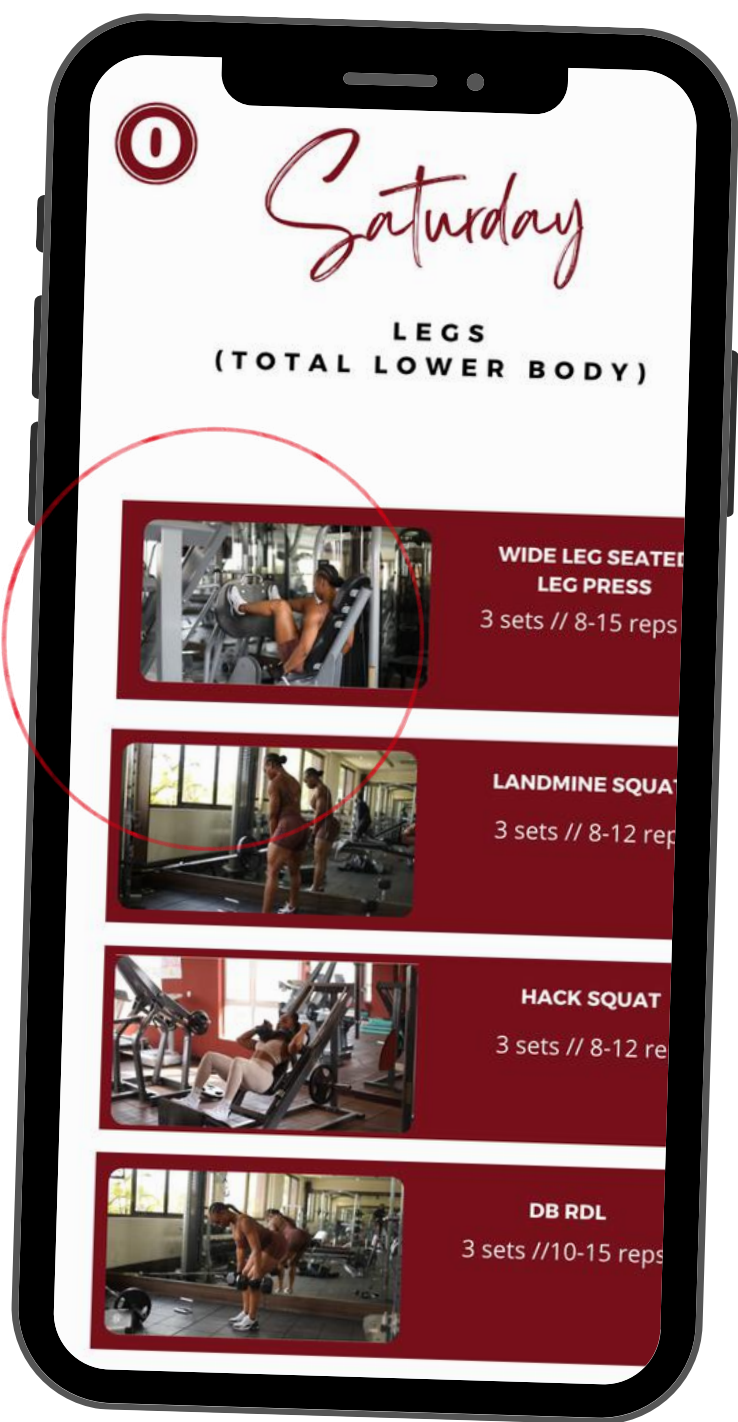
For each day you will have two rounds. Round 1 will have 4 exercises and you are expected to perform 2-4 Sets of each exercises here,
Round 2 usually has the same number of exercises You are also expected to complete 2-4 sets of each here as well. Please complete Round 2 after Round 1 within the same 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!

Video Access

Your workout videos are not Follow-Along ! This means your exercises are just demonstrated in short, 30-40 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!

Your videos are provided as LINKS when you are logged into your account on 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.



video cover images are displayed next to the name of the exercise. Click the image and you will be directed to the video links

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

FREQUENTLY ASKED

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.

PRE/POST STRETCH

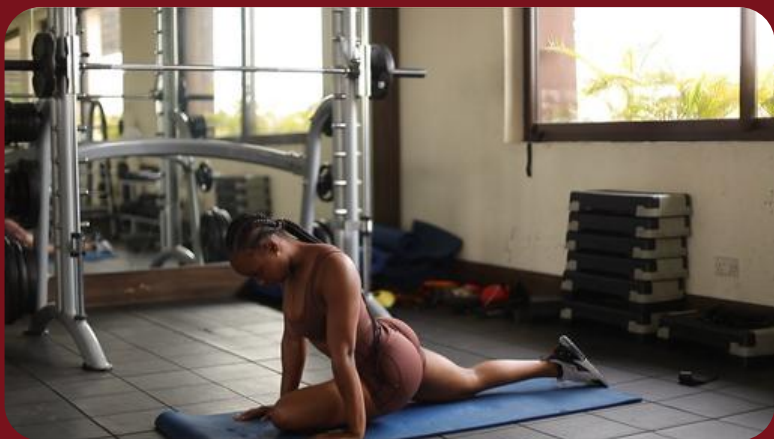
HOLD EACH POSITION FOR 10-25 seconds



KNEE ROCKS



CHILDS POSE



BACK STRETCH



LATERAL ROTATION



FORWARD STRETCH

GYM
WORKOUT
Plan

1

Sofit

Monday

GLUTES & QUADS

WARM UP: 15 min treadmill, stair master, bike or skips

ROUND 1



HIP THRUSTS
3 sets // 8-12 reps

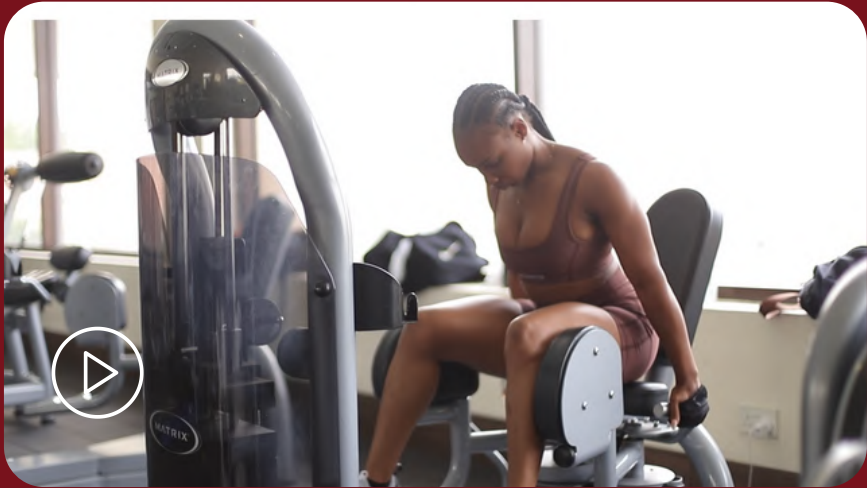


CABLE KICKBACK
3 sets // 8-12 reps

Ankle Strap required



SPLIT SQUAT
3 sets // 8-12 reps



HIP ADDUCTOR
3 sets // 10-15 reps

ROUND 2



WIDE LEG SEATED LEG PRESS

3 sets // 8-15 reps



LANDMINE SQUAT

3 sets // 8-12 reps



HACK SQUAT

3 sets // 8-12 reps



DB RDL

3 sets // 10-15 reps

3

Sofit

Tuesday

BACK & BICEPS & ABS

WARM UP

ROUND 1



ASSISTED PULL UPS

3 sets // 8-12 reps

Rest 40 seconds



MACHINE LAT EXTENSION

3 sets // 8-12 reps

Rest 40 seconds



DEADLIFT

3 sets // 8-12 reps

Rest 40 seconds



SEATED BACK ROW

3 sets // 10-15 reps

Rest 40 seconds

ROUND 2:



CABLE BICEP CURL

Rest: 40 seconds



BOAT HOLD

Rest: 40 seconds



HIGH PLANK HOLD

Rest: 40 seconds



RUSSIAN TWISTS

Rest: 40 seconds

Wednesday

LEGS (QUAD & HAMSTRING FOCUS)

WARM UP : DYNAMIC STRETCH

ROUND 1

3-4 sets // 8-12 reps



SINGLE LEG PRESS

30 seconds rest



GOBLET SQUAT

30 seconds rest



BARBELL SQUAT

30 seconds rest



SEATED LEG CURLS

30 seconds rest

ROUND 2

3-4 sets // 8-15 reps

**HAMSTRING CURL**

30 seconds

**UPRIGHT LEG PRESS**

30 seconds

**B-STANCE RDL**

30 seconds

**SMITH MACHINE SQUAT**

30 seconds



Thursday

Rest Day

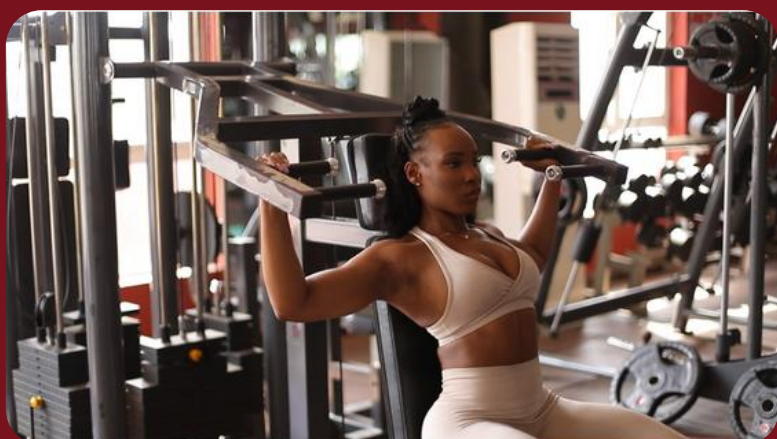
**DON'T FEAR
FAILURE. FEAR BEING IN THE EXACT SAME PLACE
NEXT YEAR AS YOU ARE
TODAY.**

**CHEST + TRICEPS +
SHOULDER****WARM UP: TREADMILL (15 minutes)****ROUND 1**

3 sets // 8-12 reps

**BB BENCH PRESS**

30 seconds rest

**MACHINE SHOULDER PRESS***You can also do a dumbbell
seated press*

30 seconds rest

**BENT OVER TRICEP
EXTENSION**

30 seconds rest

**CABLE TRICEP PUSHDOWN**

30 seconds rest

CHEST + TRICEPS + SHOULDER

ROUND 2



FRONT PLATE RAISES

3 sets // 8-12 reps

30 seconds rest



MACHINE CHEST FLY

3 sets // 8-12 reps

30 seconds rest



CLOSE GRIP PRESS


3 sets // 10-15 reps

30 seconds rest

9

Saturday

Saturdays are for HIIT! Each Saturday, choose one Sweat To The Beat routine to perform! There are only 3 videos and 4 weeks. So on the final week you can choose any one of the 3 routines to perform again.



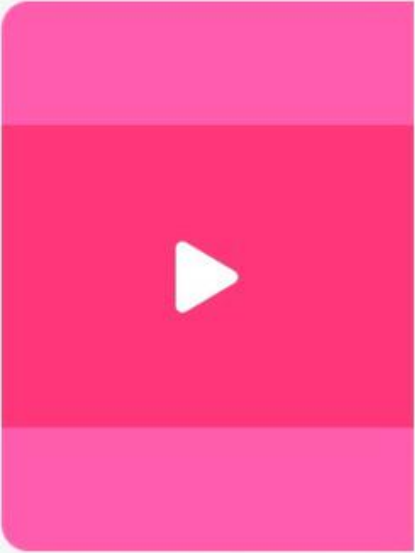
Sweat To The Beat NEW 🎉

POWER LEGS 🔥

🕒 40m | ❤️ 2 | 💬

...

VIDEO 1




Sweat To The Beat NEW 🎉

LOWER BODY SWEAT

🕒 45m | ❤️ 2 | 💬 3

...

VIDEO 2



Sweat To The Beat NEW 🎉

FULL BODY BLAST

🕒 45m | ❤️ 3



A woman with dark skin and braided hair is sitting on a stone ledge outdoors. She is wearing a purple sports bra and matching shorts, with white sneakers on her feet. Her arms are raised, and her hands are clasped behind her head. She is looking directly at the camera with a slight smile. The background is a blurred green landscape with trees and foliage.

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](#)