



SHRED SHAPE

5 WEEK WORKOUT PLAN



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REAL WOMEN REAL RESULTS



Welcome!

SHRED & SHAPE

I bring you a new and improved 4 Week Weight loss program called SHRED AND SHAPE! I am going to provide you with the tools to:

Shred Body Fat %

Shape Muscle

Get Strong

Build habits to get you fitter than ever

Build a resilient mindset

This challenge is PERFECT for beginners and experienced individuals. I have crafted a training plan that adapts to your ability. All programs are modelled off how I train myself, and how my thousands of girls get results. The programs are focused on building muscle to shape feminine curves and ensure optimal fat burning capabilities. My methods are tried and tested, they will teach you how to incorporate consistent training, and flexible dieting in your life to ensure a way of living that is sustainable and realistic. My journey has provided me with the knowledge to help thousands of women all over the world achieve their dream bodies and find the confidence that lies within!

About

SANDRA OKEKE FITNESS

As a coach, my core beliefs revolve around mindset, consistency, and discipline. With the correct training & nutrition, I was able to transform my shape. If I can do it, you can too!! Over the past few years, I have helped thousands of women discover their inner strength and transform their lives. I do not sell unsustainable programs that get you shredded fast, rather, I preach the value of a lifestyle change, empowerment through education and movement, and creating healthy habits that will last you a lifetime. At SOFIT we believe that knowledge is power. You can find a coach that will write you a meal plan and put you through workouts, however this will leave you with little to no actual health and fitness knowledge once your partnership has ended. This is why I carefully research and put guides like this together, so that I can learn from each of these and translate the information to my clients in a way that they can implement into their lives!

I wanted to create something with my programs that uplifts each and every one of my clients. By teaching you the reasoning behind my programming and meal plans you are able to make confident choices in regards to your workouts and eating without needing a coach for the rest of your life. Throughout my programs and challenges my clients can see how their training, nutrition and mindset changes.

I've developed this 5 week plan to help you lose unwanted body-fat and tone up. I've helped hundreds of women transform their bodies through guided strength-training workouts, and nutrition catered to every individuals' body type. This full-body program requires discipline and commitment. Those who stay on track with both the workouts AND diet, achieve the best results.





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 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 #SOFITSHREDANDSHAPE and TAG @sofit_ngr @sofit.1

4

PLEASE SUBSCRIBE TO MY YOUTUBE CHANNEL and follow the "SOFIT" Channel

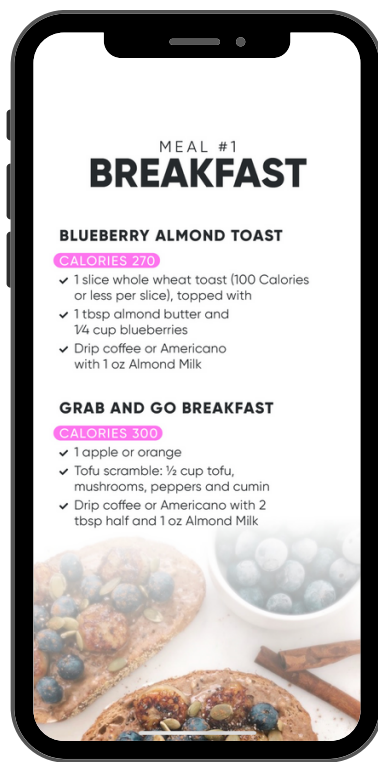
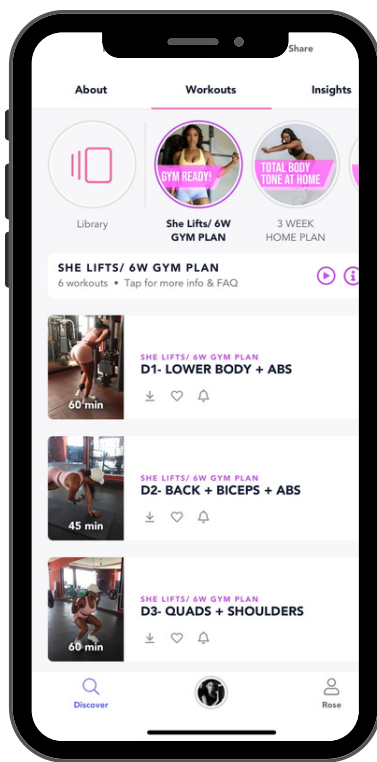
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GET THE SOFIT APP FOR JUST \$1

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**



Tools

YOU WILL NEED



Shop all SOfit Accessories [here](#)

HOW TO FOLLOW *this plan!*

Please read this next section very carefully

The word "What" is written in a large, expressive, handwritten style in black ink. It is positioned at the top left of the page, with its tail extending towards the center. The background is a light orange gradient with a white, torn-paper-like edge at the bottom.

YOU WILL ACHIEVE WITH THIS PLAN

This program isn't just to help you achieve weight loss, It will enhance other aspects of your life as well, to build your confidence and discipline, make you feel strong and in control and build your endurance level. Your journey does not end after this program. Fitness is a lifelong commitment as progress never ends. In 5 weeks you will lose some weight if and only you stick to this program, but it's important to understand that it takes months and years even, to achieve significant fat loss. Do not set unrealistic goals, be patient with your body, and stay consistent. This full-body program requires discipline and commitment. Those who stay on track with both the workouts AND diet, achieve the best results. Your Workouts will progressively become more challenging over the whole 4 weeks.

YOUR TRAINING

You will be training 4 days a week. The last two weeks of your workouts will be FOLLOW ALONG. So you are required to set a timer and follow along with me in real time!

This is a complete home-based plan which includes a lot of bodyweight exercises but, you'll see me add some different forms of resistance bands and light dumbbells here and there. I recommend you get our SOFIT bands too! If you don't have resistance bands or dumbbells, you can also use something else that is the right weight and easy to hold. Resistance bands are a great accessory, as they don't take up a lot of space and they can add a lot of extra resistance.

It is your responsibility to reach your goals. Only you can do it for you. No one else. But at the same time, it is also important to be kind to yourself. Did you fall off track? That's ok. Just try to get back on it as quickly as possible. I'm not going to lie to you, it will not be easy. But it is so worth it. Even if you are busy, make it a priority. Make yourself a priority!

Motivation

Motivation, I get it. Online programs can seem a bit daunting. Most people think they need a personal trainer, in their face yelling motivational words to them in order for them to put in the work and in most cases, having someone with you can help but, it's time for some real talk. Relying on someone else to motivate you to getting to your goals isn't your best bet here. I say it a million times, and I'll say it again. You cannot rely on motivation to get anything done. There will be days where you don't feel like doing your workout. There will be sessions where you will get frustrated because you weren't able to complete your sets or get through the final round. That happens with or without a trainer. It's all about your mindset! With the right mindset you can achieve your goals.

Show up again and again for yourself. It's up to you to keep yourself accountable. Get used to pushing yourself on a daily basis. As a coach my job is to provide you the tools to succeed. You are responsible for using these tools- this program guide, your videos and nutrition plan- to succeed.

This is a home-based plan including a lot of bodyweight exercises that don't require additional resistance to be effective. But, you'll see me add some different forms of resistance bands here and there. I recommend you get bands too! If you don't have resistance bands or dumbbells, you can also use something else that is the right weight and easy to hold. Make sure to listen to your body and evaluate your form before adding resistance. Resistance bands are a great accessory, as they don't take up a lot of space and they can add a lot of extra resistance!

TRAINING CALENDAR

As aforementioned, your 4-week program will consist of full body workouts! You will be training your abs, legs, arms and glutes 4 days weekly. Please complete your sets and reps as instructed for each exercise. I have included cardio finishers in each day so that you can keep that heart rate up and calories burning! Here are some few Training Tips;

✓ Watch my videos for every movement to view correct form. Simply CLICK the day and a video will pop up. If you are a beginner, start by doing 2 sets of each exercise until you build yourself up to finish all 3-4 sets! If you are more advanced, you can add more reps and sets.

✓ If you opt to train at the gym, increase your weights weekly. Your workouts will change about 2-3 weeks. Your goal is to increase your weights every single week; sometimes even increase weights intra-set. If I have 4 sets, I try to increase weight by 5lbs every set if possible.

✓ You'll notice the reps will start off low then high, then progressively get lower. As the reps get lower throughout the program you should be increasing weights. You shouldn't be lifting the same weight for 18 reps, & 12 reps. Your weight should be higher for the 12 reps.

✓ Don't perform movements carelessly. Focus, contract and relax the muscles being worked. Take your time, don't rush. What helps me is filming myself during my workout! Try doing this as it helps you see yourself and how you perform your workouts

✓ **TAKE BEFORE PICTURES** before you start the program! (Front, Back, & Side views) Use self- timer or ask a friend to snap before and after pictures so you can see your gains after you complete the program! Then submit them to me!

Rest Days

You are given 3 rest days a week. Friday, Saturday and Sunday! There are No workout videos provided these days. I recommend taking two rest days mid-week, and one ACTIVE rest day on the weekend totaling 3 rest days. The active rest day is still a day of rest however you can incorporate some light physical activity such as walking, jogging, swimming etc. Your rest days are where you rest from any training activity. Do not skip rest days.

Your muscles repair and build during rest and recovery periods and not while you are working out. Without rest days you will burnout and not see progress, as you are not letting your muscle fibers repair.

Burning

BELLY FAT / STUBBORN BODY FAT

Most of you that signed up for this program had one common goal-lose your stubborn belly/body fat and shape your body. Losing fat from around the belly is a common fitness goal for most women. And this is achieved naturally through a range of exercises and lifestyle changes.

Manufacturers of many weight loss products claim that you can use their products or wear their waist trainers for quick weight loss, to eliminate stomach fat, or both.

However, there is a lack of scientific evidence to confirm that these products are safe or effective. These are lies. You do not need these things.

Also, doing Ab workouts do not burn belly fat either. Which is why you will only have a few Ab exercises in this program. I'll talk about this more further in the guide. Here are the things you need to do to burn belly fat/stubborn body fat

1. Focus on low calorie foods

One of the most effective ways to lose body fat is to eat fewer calories than the body burns. This leads to fat loss throughout the body, including the abdomen.

Eating fewer calories than the body uses up creates a caloric deficit. This can help burn both visceral fat and excess subcutaneous fat.

Also, low calorie foods are often more nutritious than high calorie foods.

2. Eliminate sugary drinks

Taking in excess sugar seems to be a main driver of weight gain, especially in the abdominal area.

A high sugar intake may increase levels of visceral fat by promoting insulin resistance and spurring inflammation throughout the body. No alcohol, no juices, no sodas etc. Try not to drink your calories

It can be easy to consume high levels of sugar in drinks without realizing it. Check the sugar contents of beverages such as soda and sweetened tea and coffee.

For many people, reducing the amount of sugar in hot drinks and eliminating soda can remove excess sugar from their diets. It is better for you to only drink water. Drinking only water and cutting out other beverages, can lead to 2% weight loss in just a few weeks.

3. Eat fewer refined carbs

Refined carbohydrates are low in nutritional value but high in calories. These carbs are in white bread, refined grains, and sugary foods and drinks.

Research has also linked refined carbs to the development of abdominal fat.

Try replacing refined carbohydrates with complex carbohydrates. These exist in fruits, vegetables, and whole grain foods.

Terms YOU SHOULD 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.

ABBREVIATIONS

E/L: EACH LEG

E/A: EACH ARM

E/W: EACH WAY

CB: COTTON BAND

LB: LATEX BAND

TRACK
YOUR
Progress

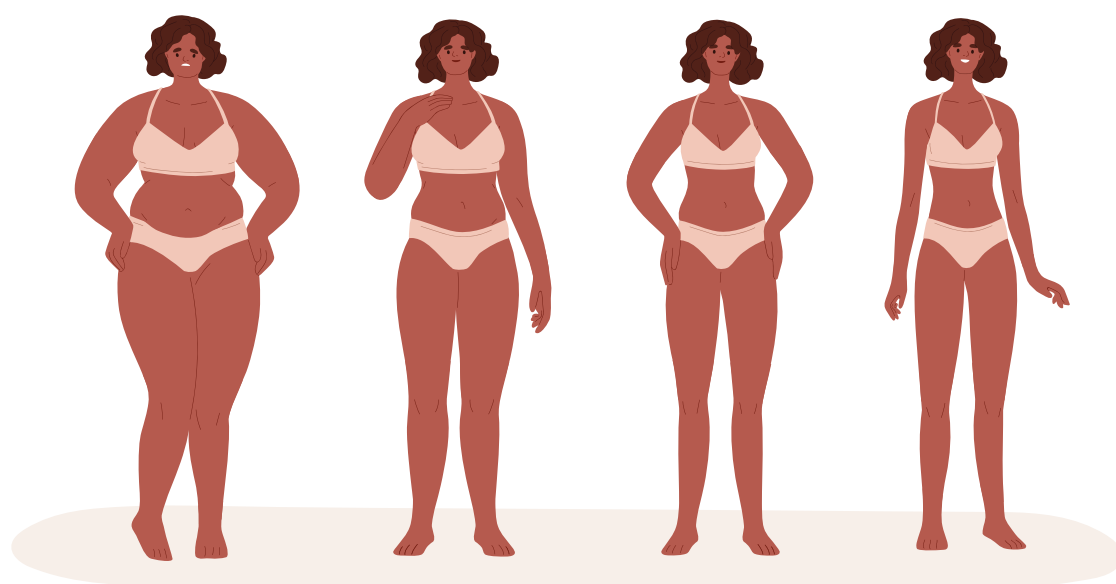
Babes, tracking your progress makes it more likely to reach and surpass your goals. The reason why I take so many pictures is because it allows me to have something to look back on just to see how much i'm improving.

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. There are many ways to track your progress and my top tip is by taking PROGRESS PICTURES! Progress photos are pictures you take of yourself to accurately document any physical changes that may occur during your fitness 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! Here are a few tips for taking your Accountability Photos:

1. Wear the same sports bra/crop top and shorts/ bikini each
2. Take the photo in the same three positions each time: front, side, and back - with your legs and arms in the same position.
3. Take the photo in the same, FULL length mirror, in the same lighting
4. 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 to support@sandraokekefit.com](mailto:support@sandraokekefit.com)

I love rewarding my girls who stay consistent with my programs so if your results are motivating you just might receive a gift from me ! 😊

DITCH THE SCALE!

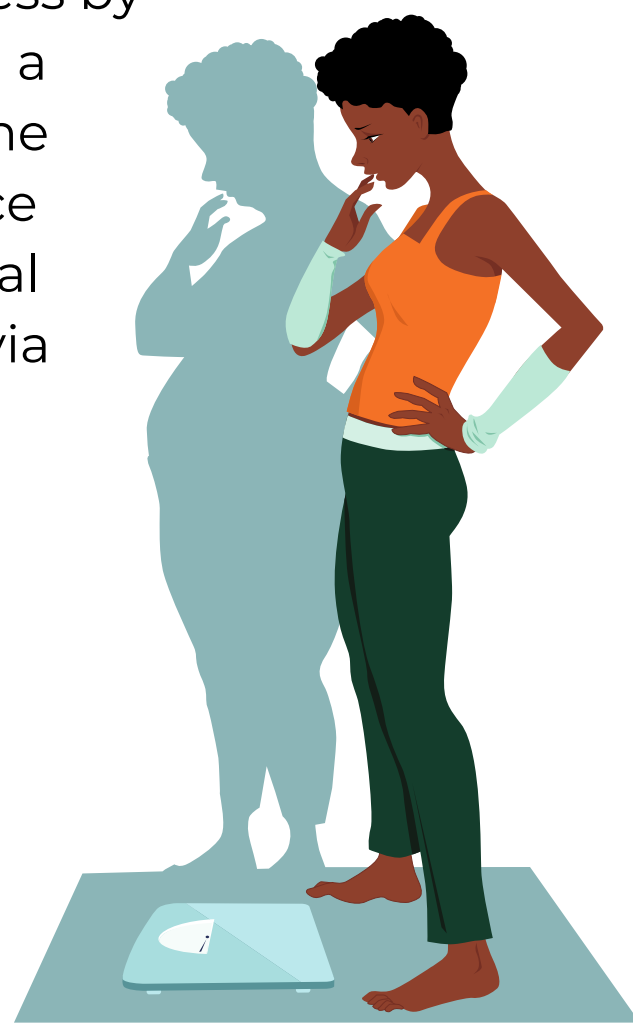
Jumping on top of the scale each time you workout to see if you've lost weight may be tempting but listen to this, I know I am not the only one who has experienced the following scenario;

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 ask yourself.

And then you proceed to have a mental breakdown 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.



Judging your progress through the numbers on a scale can be discouraging because if the number isn't something that you expected to see, you will get discouraged and think you aren't working hard enough! And this can mess with your mind and have you believing you're not progressing and this is not true! Trust me, this happened to me in the beginning of my journey and that's why i do not care what the scale says. A scale will not tell you how hard you've worked, how much more stronger you've become, how well your endurance has improved and how much better you feel both physically and mentally!! And these are the most important parts in your journey. The results will come the more consistent you are.

To get a more accurate depiction of your progress, take pictures or measure your self with a measuring tape! This is how you know exactly how much you've progressed. Finally, understand that it will take you more than 4 weeks to achieve any significant fat loss results. The importance of this plan is to give you a kickstart and a guide to follow! Stay consistent and you will achieve success.



HAVE A "WHY"

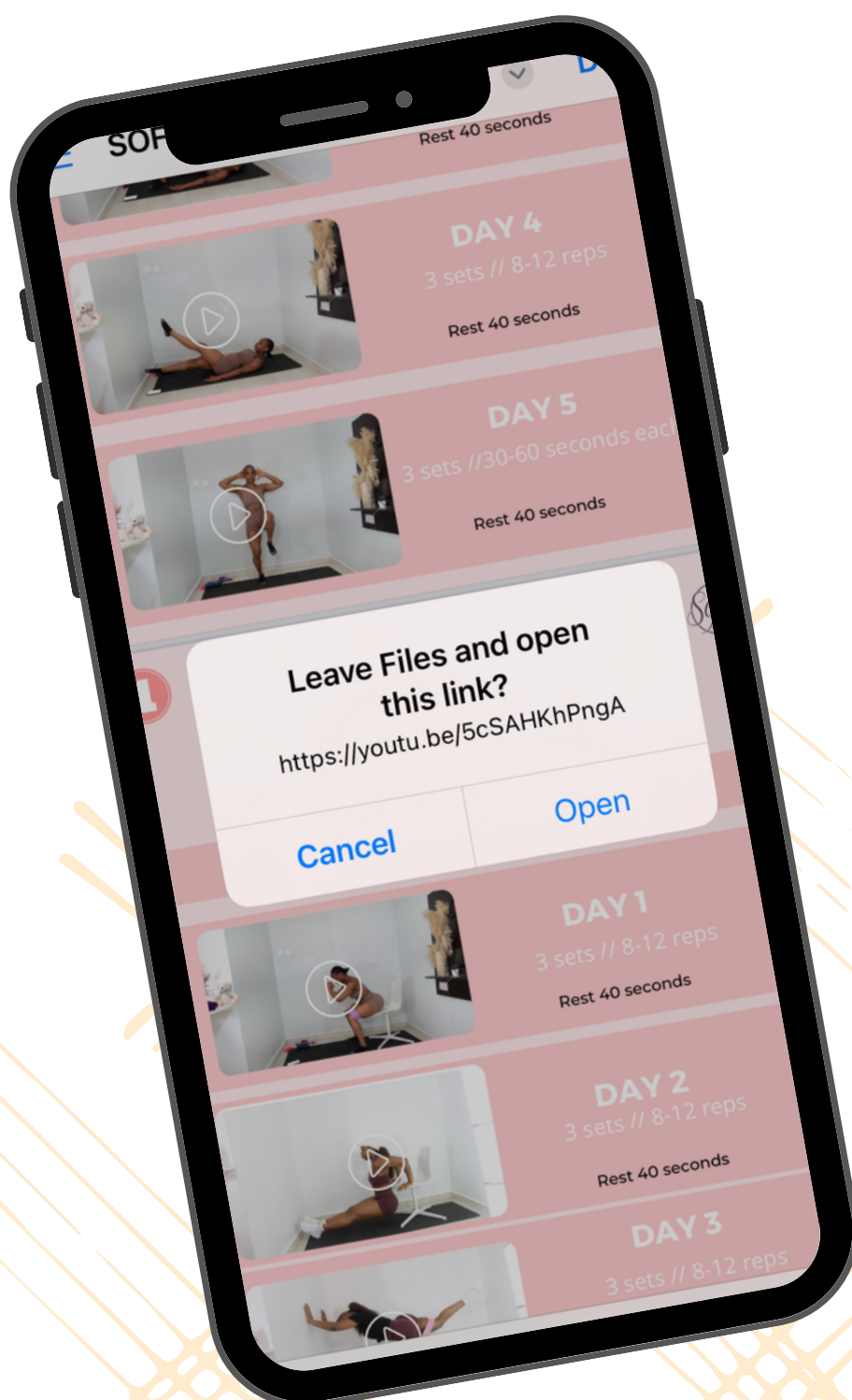
Having a goal isn't enough. You need to have a reason for wanting to achieve them, something emotional, something strong enough to drive you every single day. THIS will be your motivation and not a number on a scale. There's a saying that goes "if your "why" doesn't make you want to cry, then it isn't strong enough". There are going to be days where eating your vegetables gets hard, days where you are tired and you don't want to train and that's why your WHY needs to be strong enough to get you through and keep you committed.

Video ACCESS

Your workout videos are not Follow-Along ! This means your exercises are just demonstrated in short, 20-30 second clips. The days, and weeks, 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.

Your videos are provided in **LINKS** in this guide. Just Click each workout box in this guide and you'll be redirected to view the video!

SAVE AND BACK UP THIS GUIDE. We will not reshare any video links or any guides to any individual once this program has ended. These videos are yours to keep so it's important that you save them.



If you purchased this program via the SOfit website, you can also view videos from your dashboard when you log into your account on www.sandraokekefit.com/login.

Choosing YOUR WEIGHTS

There are no gym options for this program, all the workouts here can be done from the gym. **HOWEVER** If you are training at the gym, you can use dumbbells for each of these exercises.

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.

To pinpoint your ideal weight and know when it's time to lift heavier weights, follow three rules:

- **Learn proper form.**
- **Listen to your body.**
- **Keep to an allotted time, neither rushing between exercises nor resting too long.**

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.

REST AND Recovery

LET'S TALK RECOVERY AND REST DAYS

Resistance training breaks down body tissues and muscles, causing microscopic tears. Rest days give your muscles, nerves, bones, and connective tissues time to recover and rebuild. When you implement excessive amounts of exercise without having a proper rest day and if you don't have adequate time for recovery, you may experience decreased performance, fatigue, altered hormonal states, poor sleeping patterns and a lowered immune system.

The rejuvenation process is so important. This requires adequate amounts water (2.5- 3L if you are doing my guide), proper nutrition, good quality sleep (8 hours), ample amounts of micronutrients (vitamins and minerals) and recovery supplements. These things allow your body to rebuild its tissues letting them grow back stronger.

Your rest day and type of rest will depend on how advanced you are and your intensity of training. If you're just now starting out in the fitness world, your rest day should probably be a real rest day in which case you do not do any activity at all. A more experienced person may choose an "active rest day". This is where you won't lift any weight or do anything intense such as HIIT, but you may do an activity like yoga or do some LISS cardio.

Throughout this program you will see I have made Sunday your rest day. However, if something comes up and you need to rearrange your rest day, you can do so.

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STRETCHING

I've included a few stretches that you can do pre and post workout! Think about waking up in the morning. More than likely, one of the first things you do without even thinking about is stretch. Stretching is instinctive, meaning that your body already is leading you to do it. While this type of morning stretching is a great way to get up and going, focusing on more targeted stretching during the day will have the greatest benefit on muscles and joints!



YOUR
WORKOUT
Plan

DYNAMIC STRETCHES

STRETCH BEFORE & AFTER YOUR WORKOUT

HOLD EACH POSITION FOR 10-25 seconds



FLAMINGO



CHILD'S POSE



PIKE RAISES



SHINBOX SWITCHES



HIP FLEX SWINGS



KNEE TUCK HOLD

[CLICK HERE FOR VIDEO](#)

Week 1

Perform 3-4 sets of each exercise
8-15 reps each

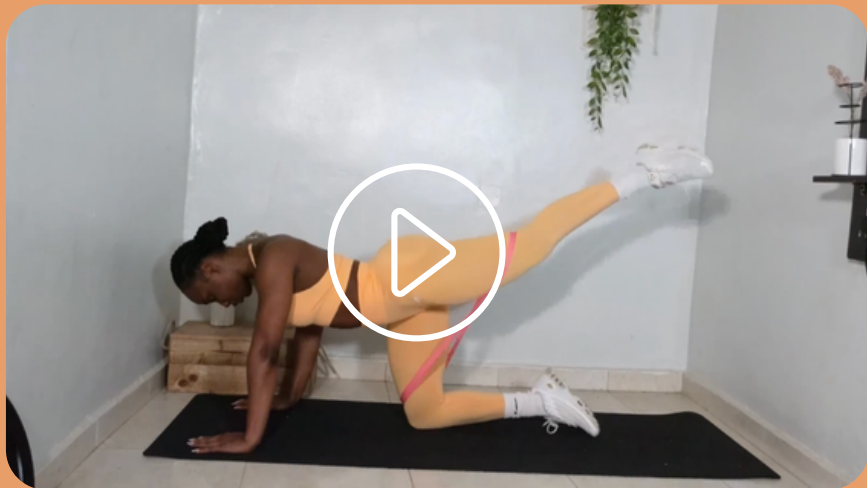
Rest 20 seconds after each exercise



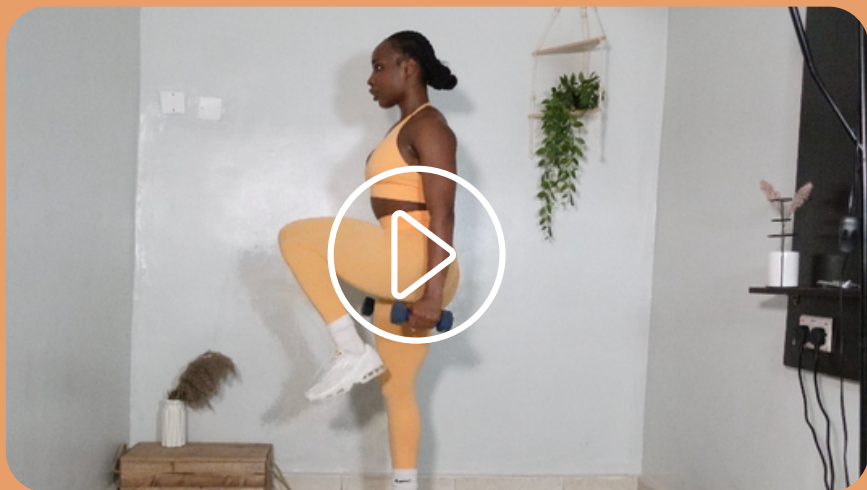
MONDAY



TUESDAY



WEDNESDAY



THURSDAY

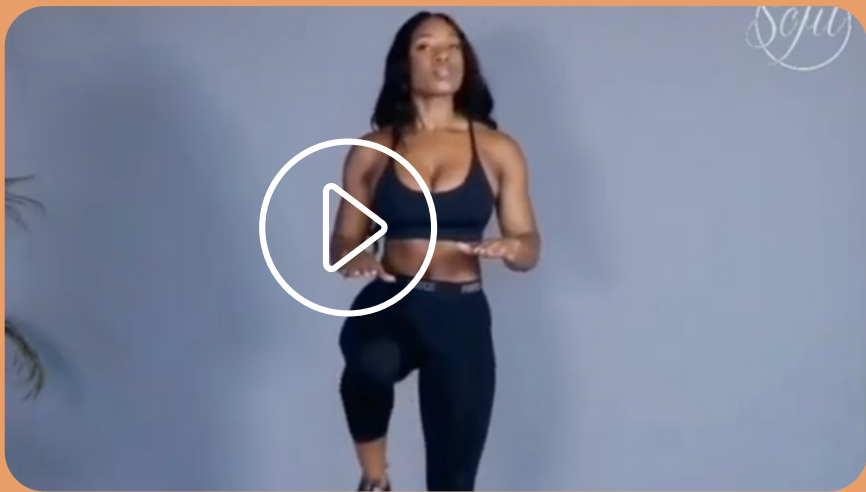
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Sofit

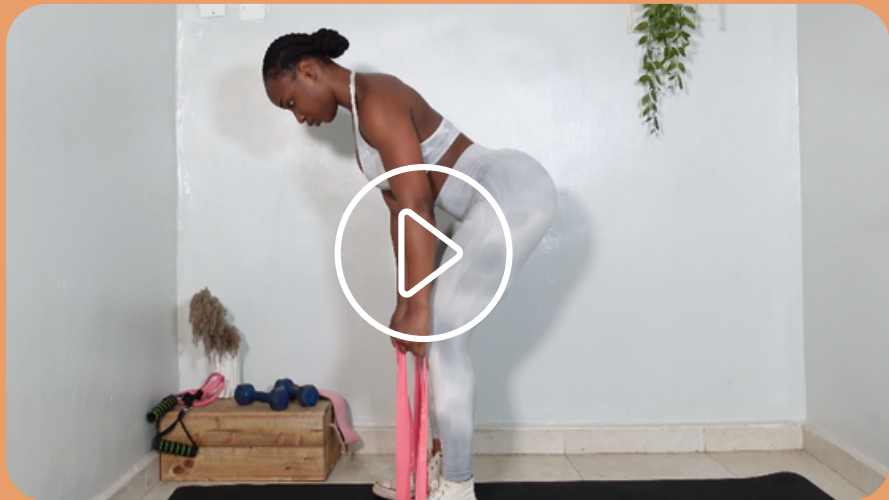
Week 2

Perform 3-4 sets of each exercise
8-15 reps each

Rest 20 seconds after each exercise



MONDAY



TUESDAY



WEDNESDAY



THURSDAY

3

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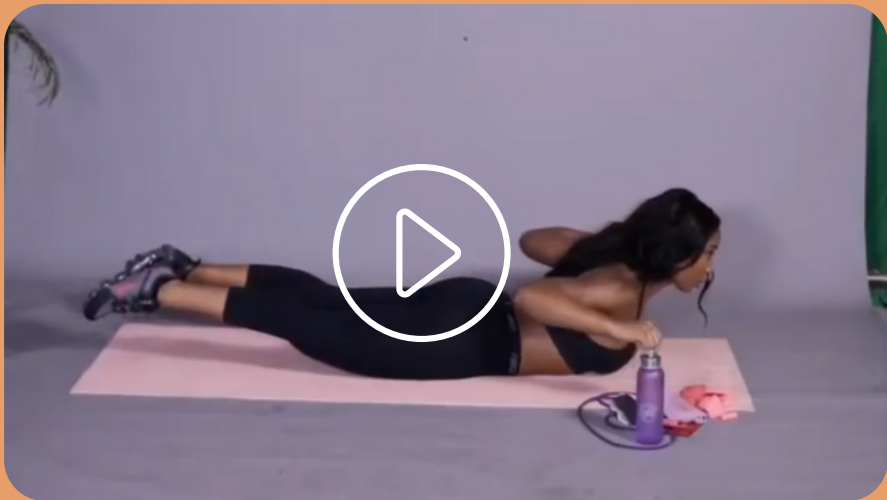
Week 3

Perform 3-4 sets of each exercise
8-15 reps each

Rest 20 seconds after each exercise



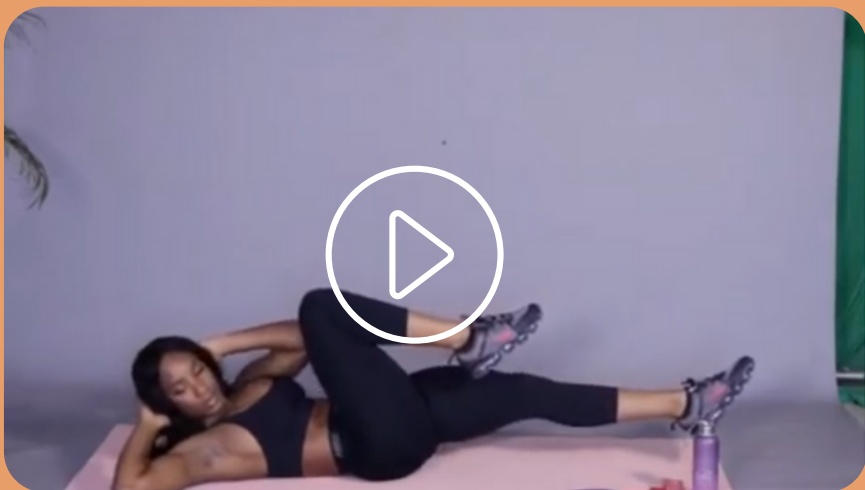
MONDAY



TUESDAY



WEDNESDAY



THURSDAY

Week 4

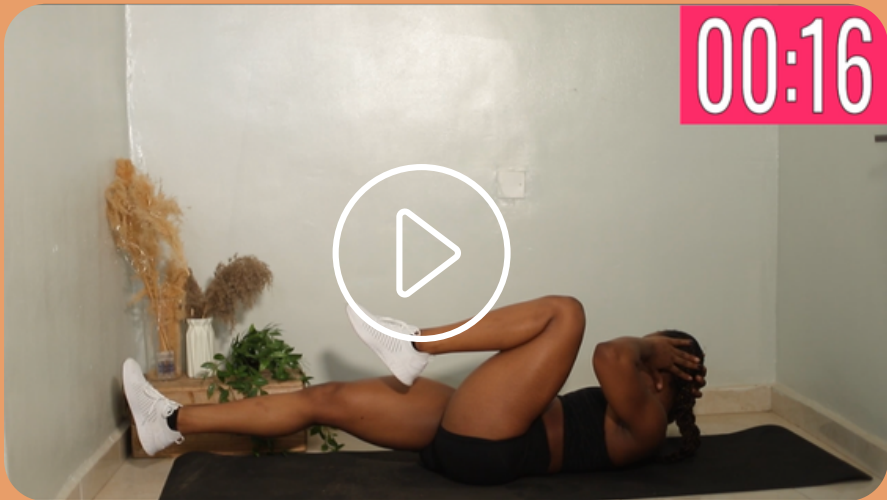
FOLLOW-ALONG WORKOUT

Perform 3-4 sets of each exercise
8-15 reps each

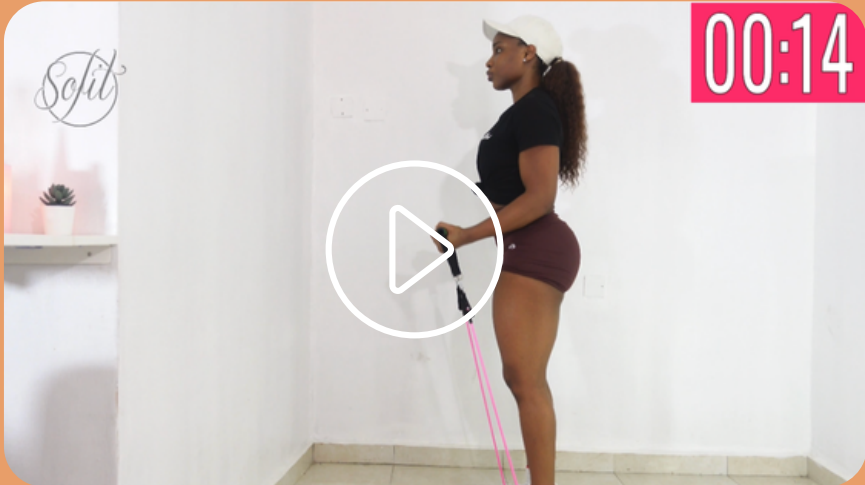
Rest 2 minutes after each set



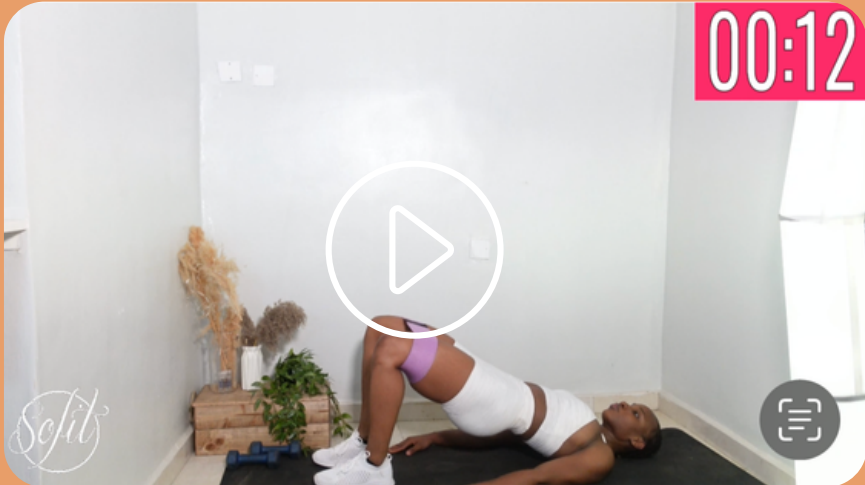
MONDAY



TUESDAY



WEDNESDAY

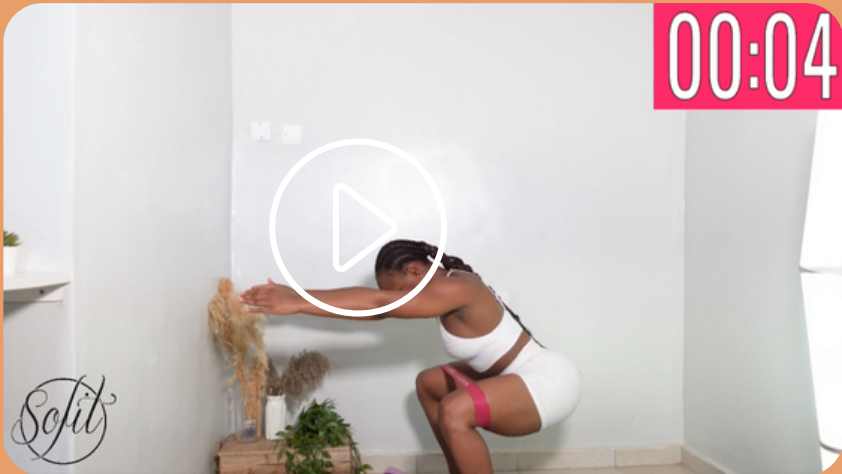


THURSDAY

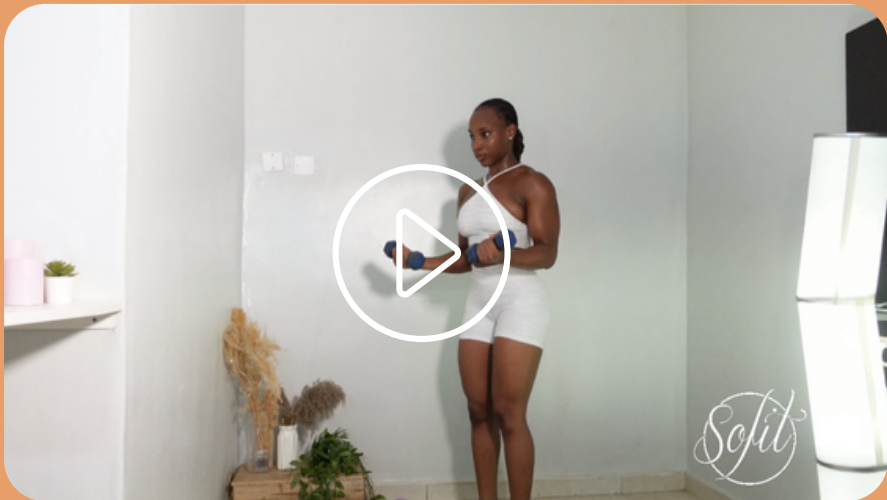
Week 5

FOLLOW-ALONG WORKOUT

Perform 3-4 sets of each exercise
8-15 reps each
Rest 2 minutes after each set



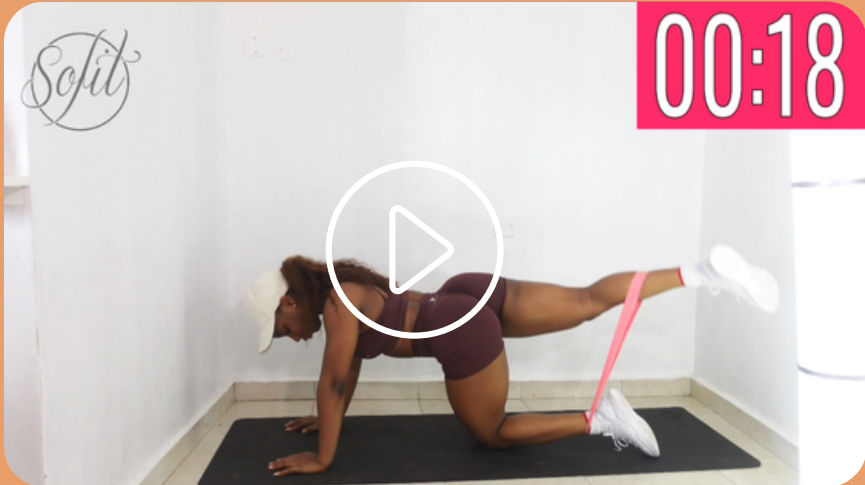
MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FREQUENTLY ASKED QUESTIONS

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.

Congrats!

you've completed the SOFIT WEIGHT LOSS 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!

GET THE APP
HERE!



For more content, free workouts and tutorials please make sure you subscribe to my YouTube channel!

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MY YOUTUBE

**Imagine yourself 6 months
from now, It will be so
worth it!**

Soft