4 Week BOOTY & ABS Sculpt

HOME PROGRAM GUIDE

D I S C L A I M E R

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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 follow the "SOFIT" Channel as this is where most of your 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**

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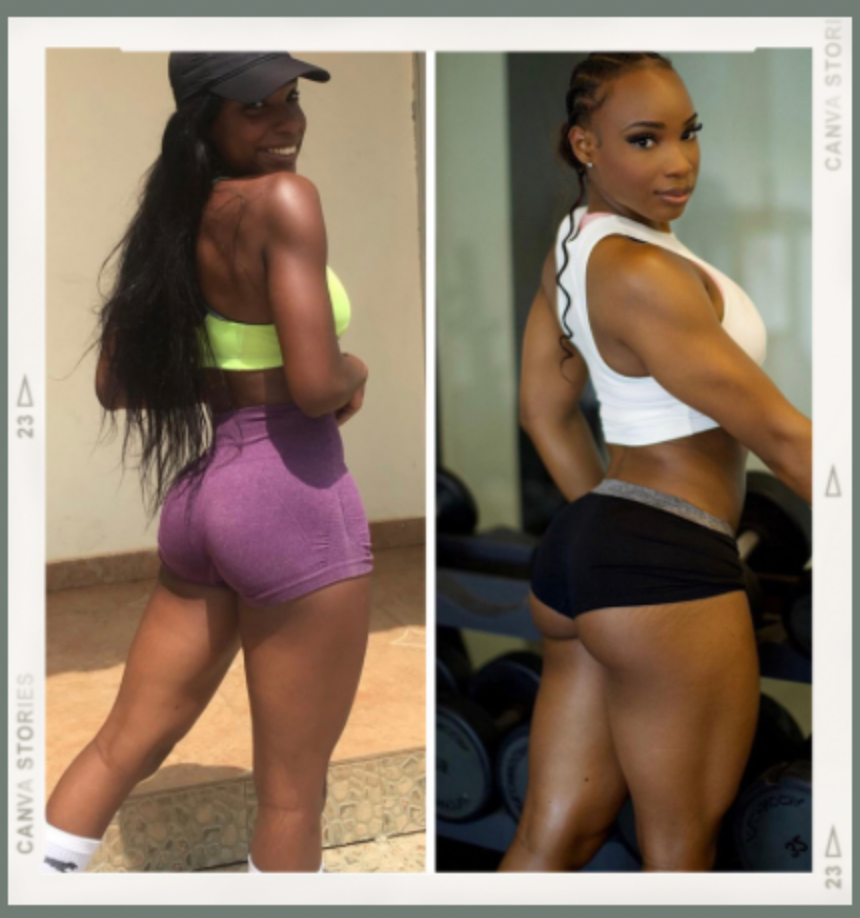
MY GLUTE
Transformation



Welcome babe! So my fitness Journey started about 6 years ago, at the beginning I didn't quite understand HOW to train for my body goals but over the years I've been able to master the perfect gym routine for the best gains. What also helped me was following the same exact training split and doing the same exercises for a very long time. This helped me monitor my progress and get better each time hence why the GYM BASED PROGRAM has a one week training split. I'll talk about this further in the guide. I've mastered technique, form and mind to muscle connection. In this program I hope to help you achieve your goals. 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.

To achieve the best possible results in this challenge, you need to be pushing yourself 100% in every session and be adhering to your meal plan as it has been prescribed for you.

HOME BOOTY Program

YOUR WORKOUTS

You will be training 4 days a week with three days in the week as your REST DAYS. You should not be training everyday as your muscles require adequate rest for growth and recovery. Now, you are free to choose your own rest days as well. You should aim for 2-3 rest days a week. THESE DAYS ARE 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 . **<u>You are required to perform the same split for Week 1 and 2 as well as the ones in Week 3-4</u>. 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.**

COMPLETING THE EXERCISES

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 TO KNOW

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: Yes, you are required to train your upper body at least once a week. It is very important that you do not neglect your upper body regardless of what your fitness goals are. A well defined upper body creates a proportional physique

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!

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.

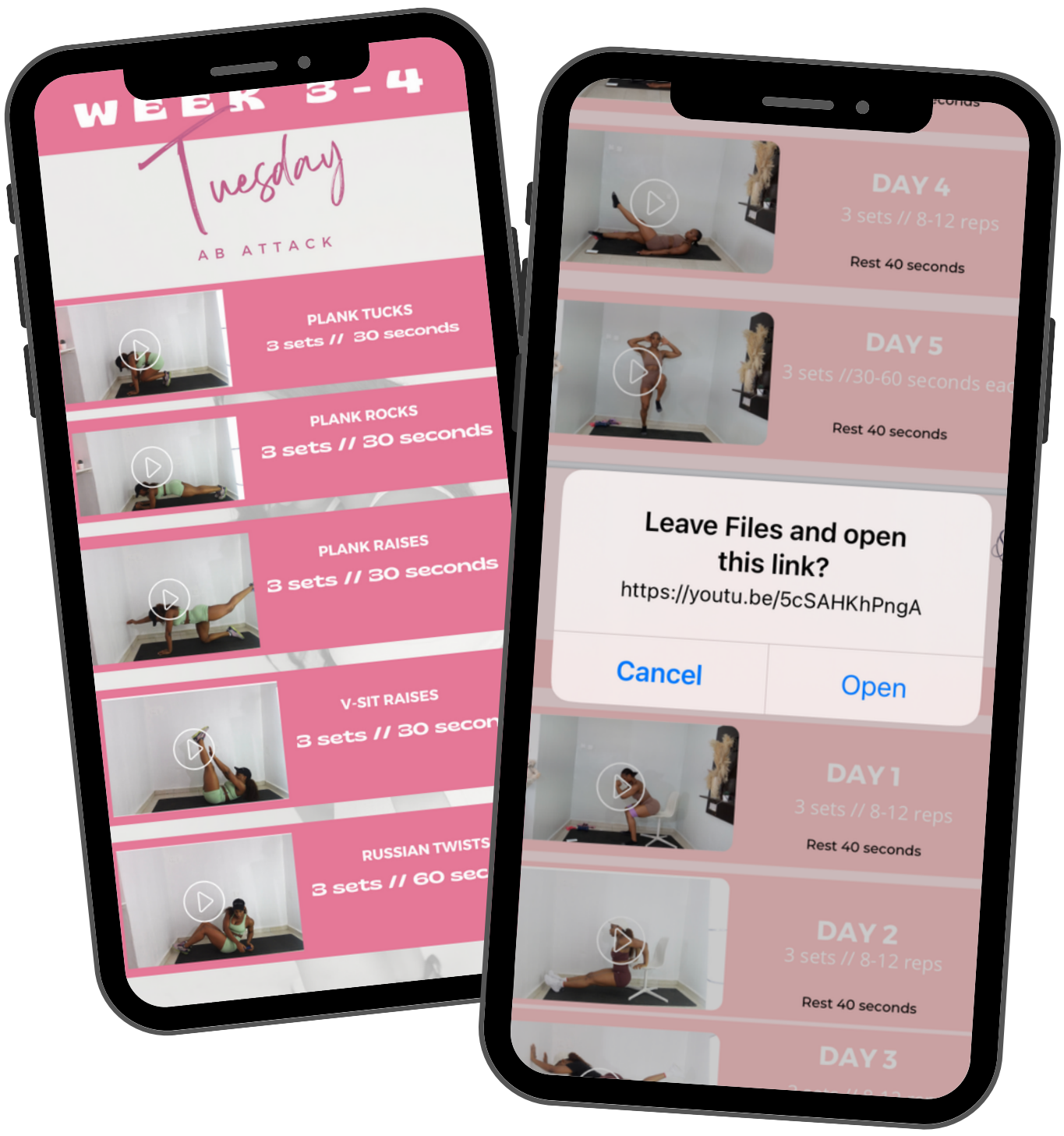
3. "**SHOULD I EAT BEFORE OR AFTER MY WORKOUT?"**

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.

HOW TO ACCESS YOUR VIDEOS

I've made your video access easier by linking the videos in this guide. Click each video in this guide and you'll be redirected to view the video.

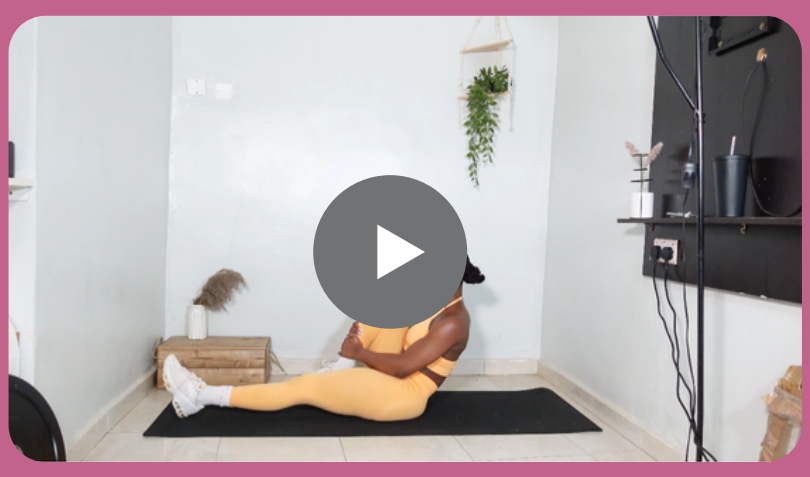
Your workout videos are not Follow-Along ! This means your exercises are just demonstrated in short, 30-40 second formats. The name of each exercises are written in this guide as well as number of sets, and rest time. You are required to perform each exercise to the number of sets and reps given. Please follow these sets and reps!



WARM UPS

There are many warm up options, you can skip (jump rope), Jog, run, bicycle etc. Any way you'd like to get your heart rate up before your workout! Also you can perform the dynamic stretches below

COOL DOWN/STRETCH

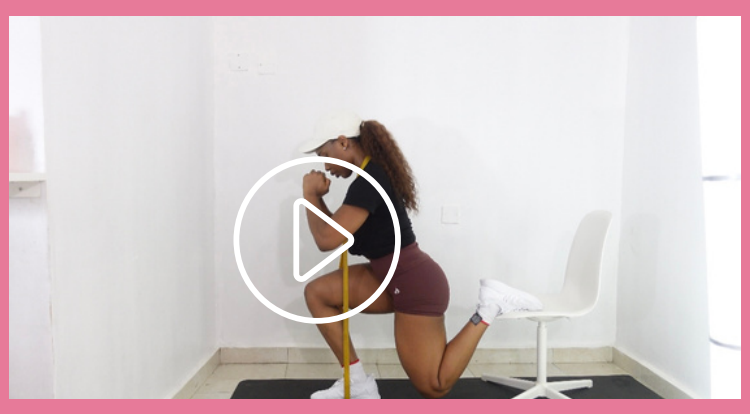


Stretch after your workout to cool down. Hold each position for 15 seconds

WEEK 1 - 2

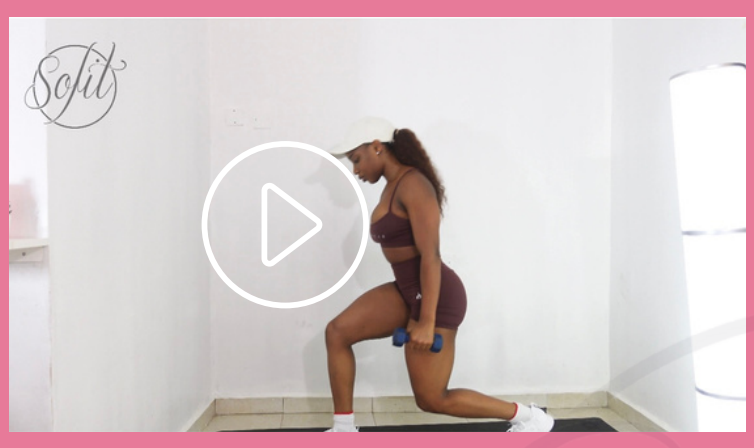
Monday

LOWER BODY



SPLIT SQUATS

4 sets // 10 reps

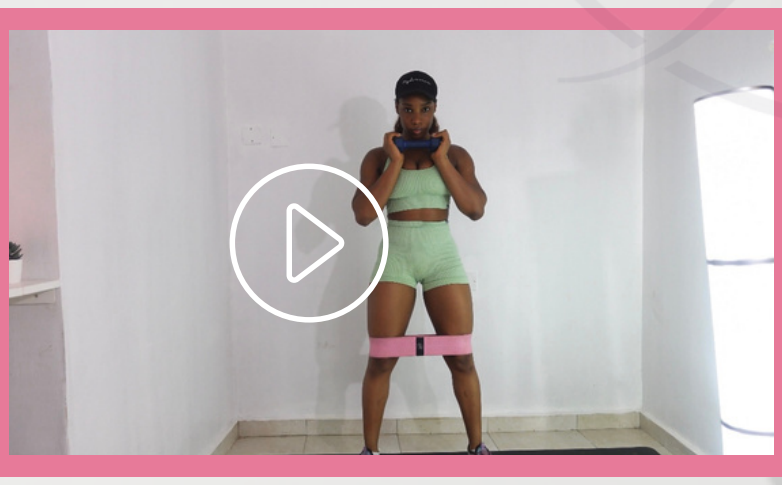


DB LUNGES

4 sets // 15 reps E/L

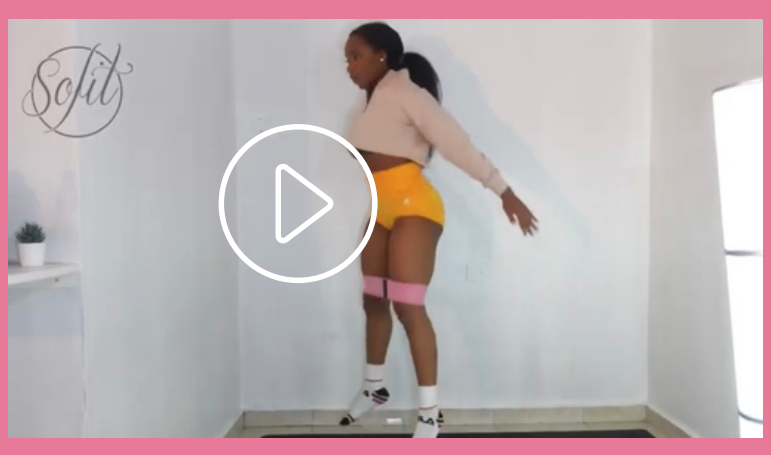
CB HIP THRUSTS

4 sets // 20 reps



CB SQUATS

4 sets // 12 reps



CB JUMP SQUATS

4 sets // 12 reps

WEEK 1 - 2

Tuesday

ABS

HALF JACKNIVES

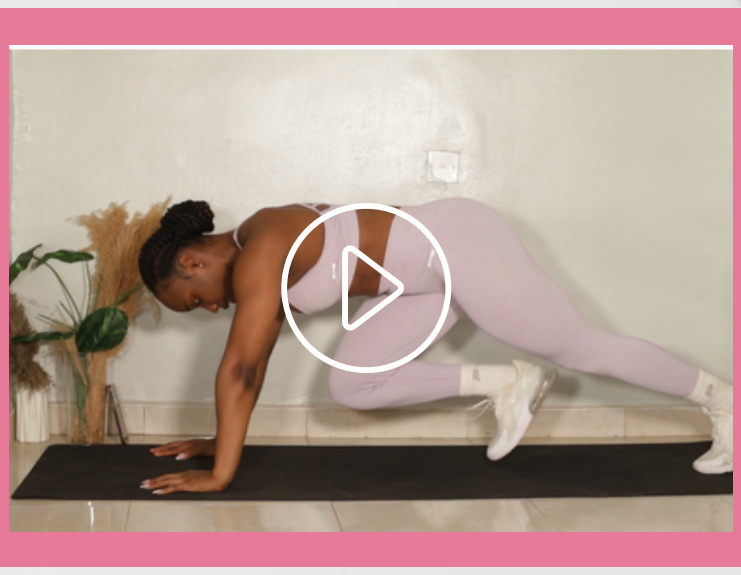
3 sets // 10-12 reps

DEADBUGS

3 sets // 30 seconds

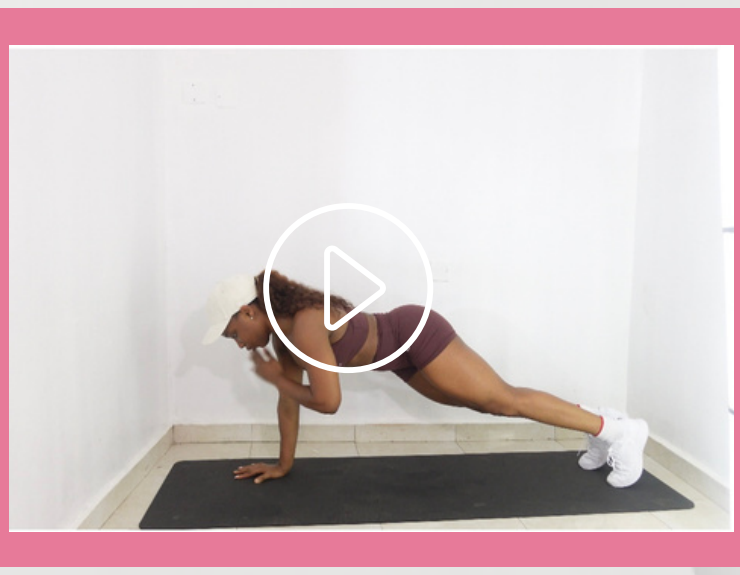
TOE TAPS

3 sets // 30 seconds



CRUNCHES

3 sets // 12 reps



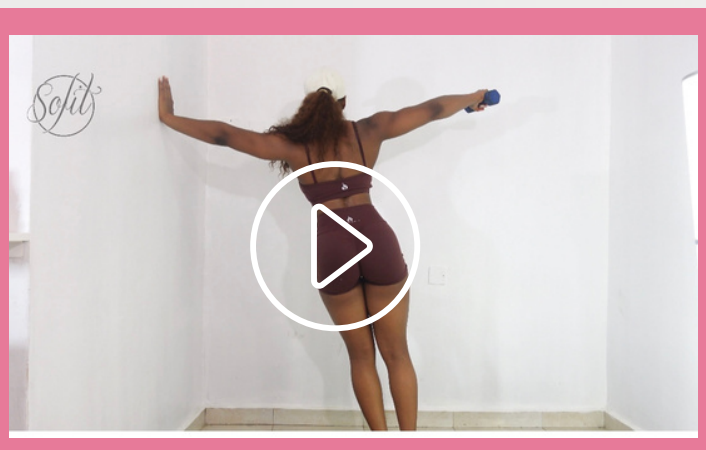
PLANK SHOULDER TAPS

3 sets // 60 seconds

WEEK 1 - 2

Wednesday

UPPER BODY

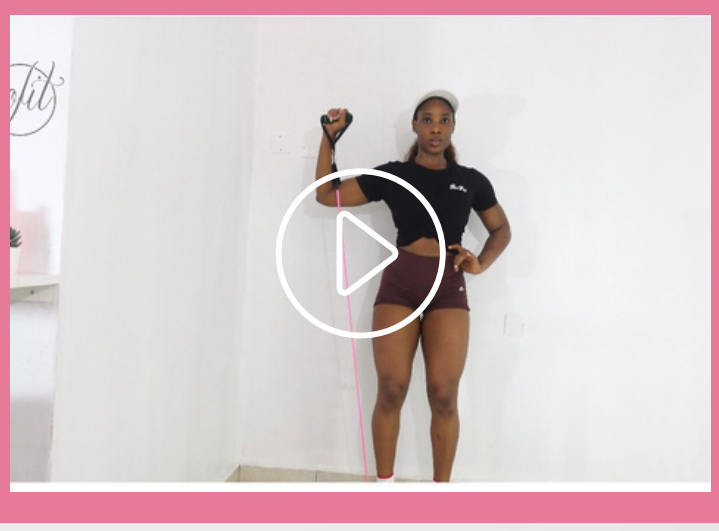


ONE ARM RAISE

3 sets // 10-12 reps

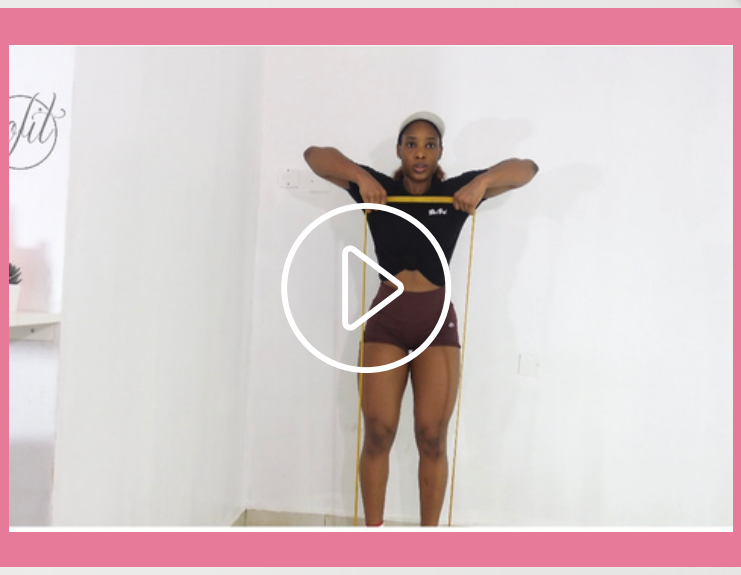
TB BICEP CURL

3 sets // 30 seconds



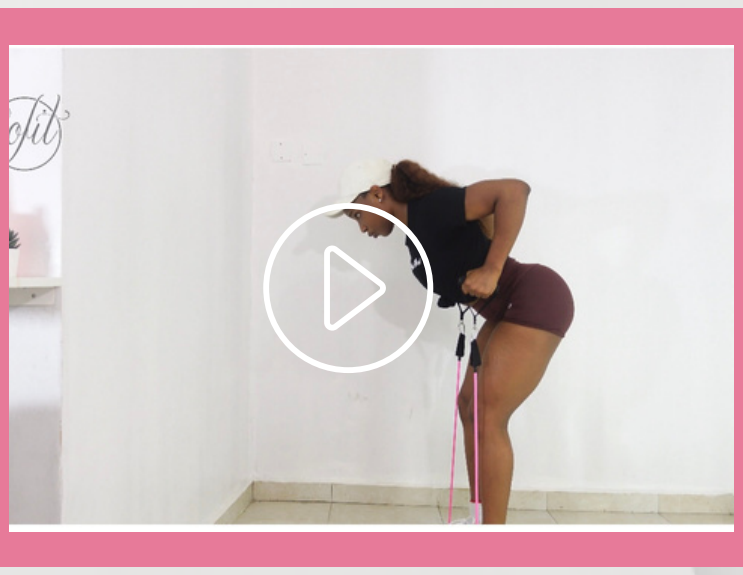
ONE ARM SHOULDER PRESS

3 sets // 30 seconds



PUB INVERTED RAISES

3 sets // 12 reps



TB BENT OVER ROW

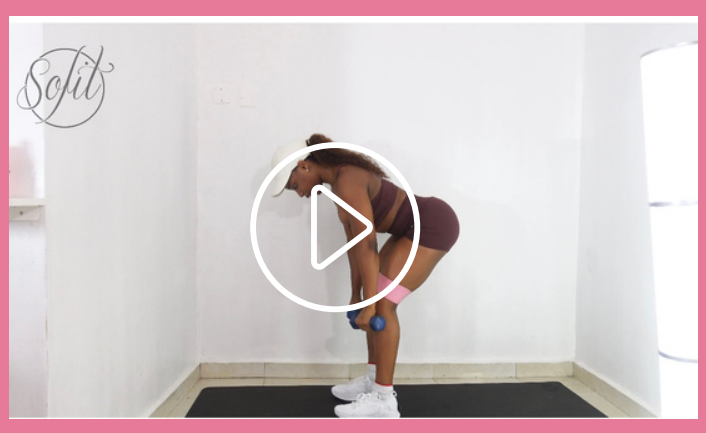
3 sets // 60 seconds

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

WEEK 1 - 2

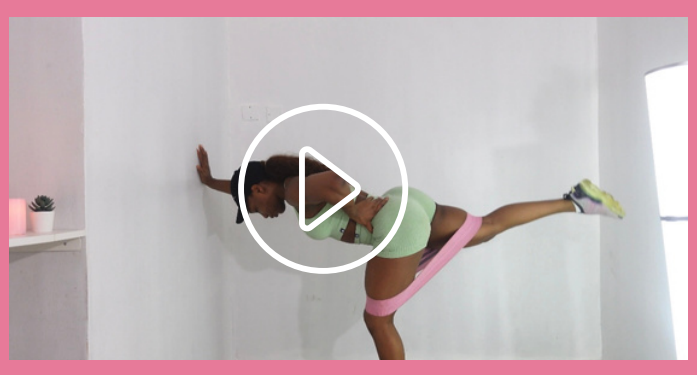
Friday

BOOTY FOCUS



RDL

3 sets // 10-12 reps

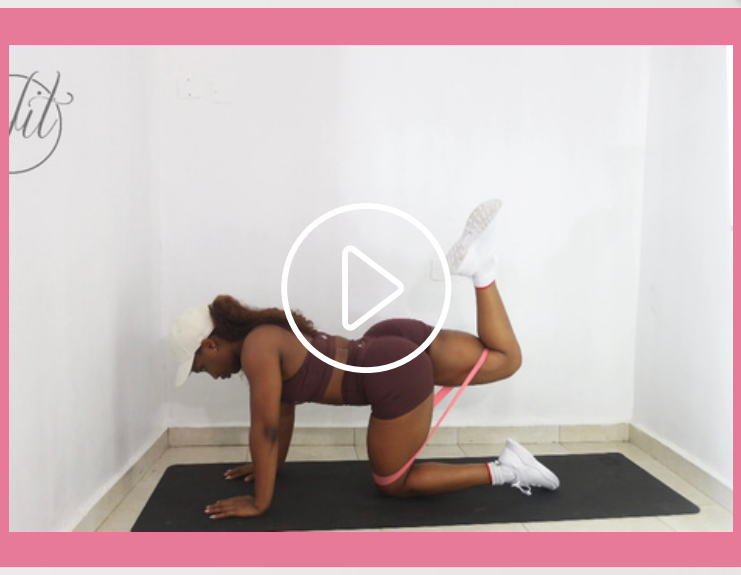


CB GLUTE KICKBACK

3 sets // 30 seconds

CB GLUTE BRIDGE

3 sets // 30 seconds



LB DONKEY KICKS

3 sets // 12 reps

DB STEP UPS

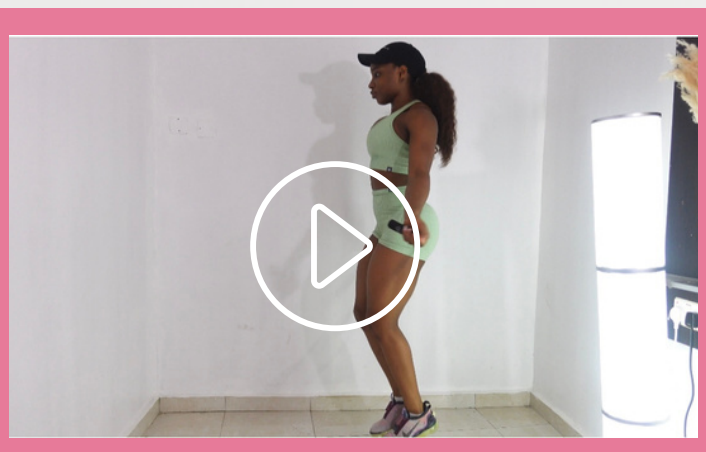
3 sets // 10 reps E/L

WEEK 1 - 2

Saturday

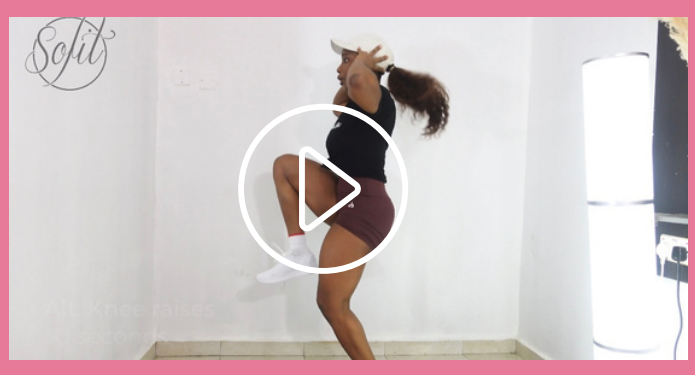
For todays workout, time yourself and complete each set

FULL BODY BLAST



SKIPS

3 sets // 1 minute

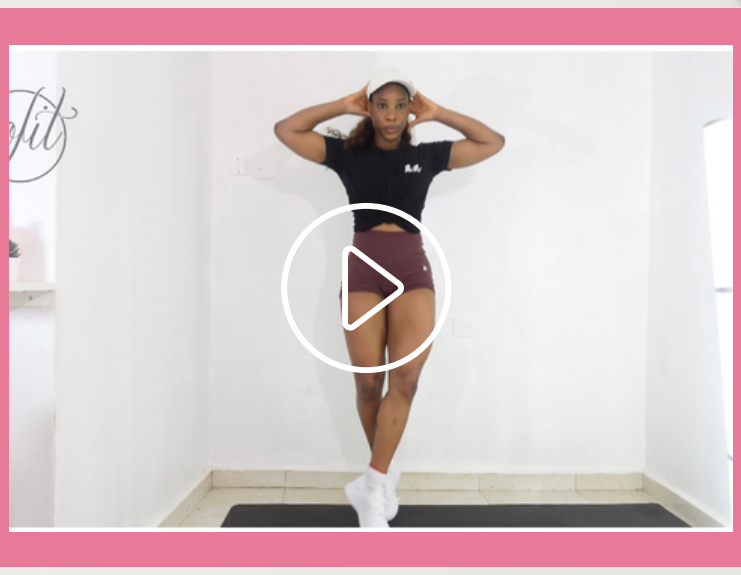


HIGH KNEES

3 sets // 30 seconds

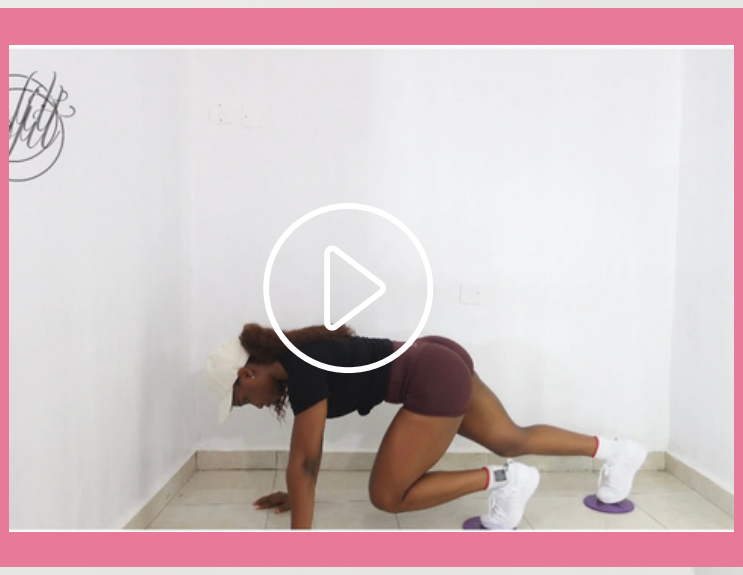
SQUAT FRONT KICKS

3 sets // 30 seconds



CROSS SQUAT HOPS

3 sets // 30 seconds



CORE SLIDER KNEE TUCK

3 sets // 10 reps E/L

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

BAND GLUTE KICKBACKS

3 sets // 10 reps each leg

SIDE LYING GLUTE KICKS

3 sets // 10 reps each leg

SIDE HIP ADDUCTION

3 sets // 10 reps each leg

STATIC BRIDGE ADDUCTION

3 sets // 8-15 reps

LATERAL SUMO SQUATS

3 sets // 8-15 reps

WEEK 3 - 4

Tuesday

ABS CIRCUIT

SIT UP AIR PUNCHES

3 sets // 30 seconds

CIRCLE CRUNCHES

3 sets // 30 seconds

PLANK SIDE WALKS

3 sets // 30 seconds

SEATED LEG LIFT V-TUCKS

3 sets // 30 seconds

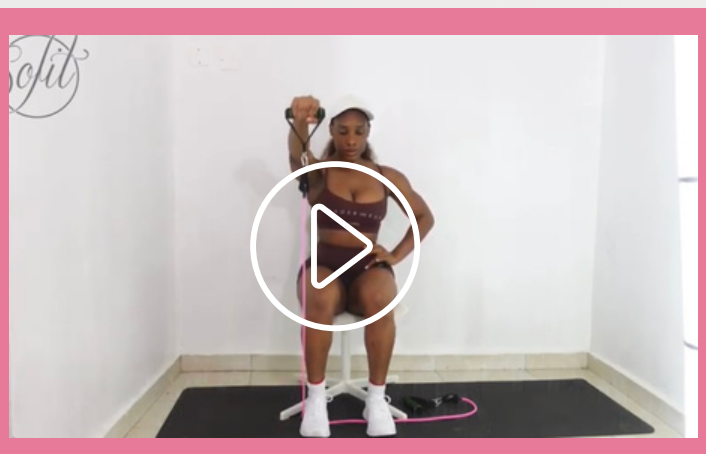
PLANKING KNEE TUCKS

3 sets // 60 seconds

WEEK 3 - 4

Wednesday

UPPER BODY

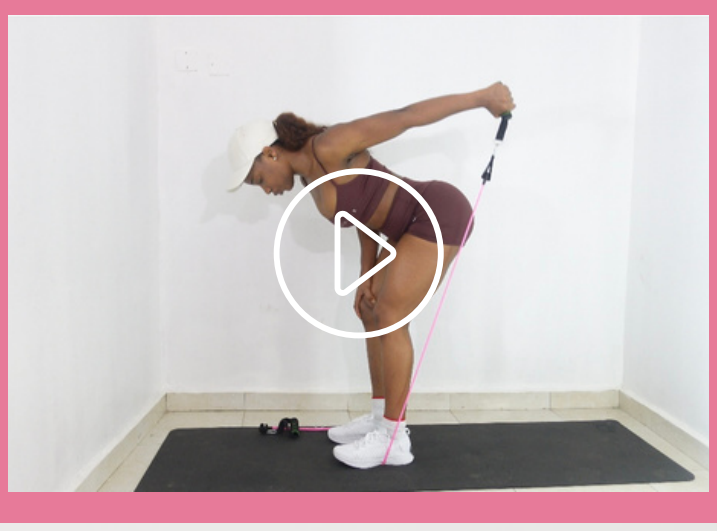


TB FRONT SHOULDER RAISE

3 sets // 12 reps E/A

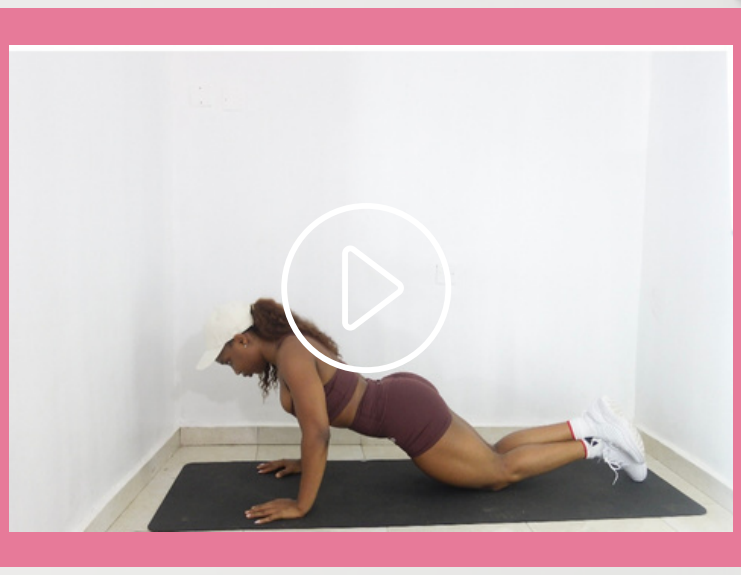
TRICEP DIPS

3 sets // 10 reps



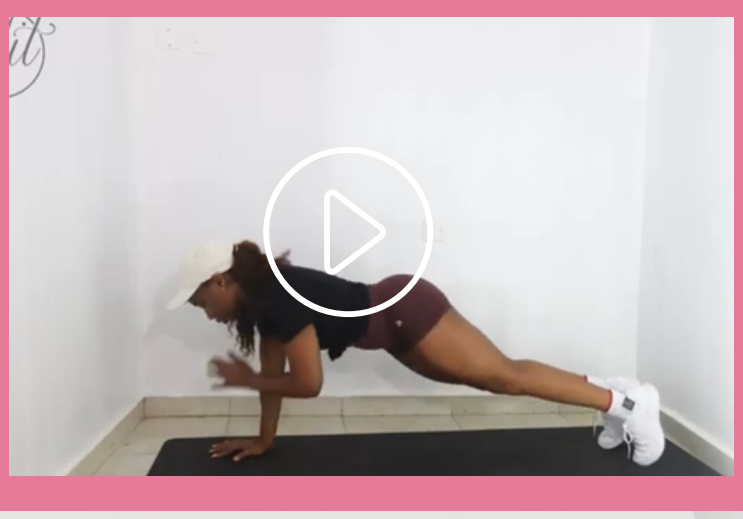
TRICEP EXTENSION

3 sets // 10 reps E/A



MODIFIED PUSH UP

3 sets // 8-12 reps



PLANK SHOULDER TAPS

3 sets // 30 seconds

Thursday
Rest Day

WEEK 3 - 4

Friday

BOOTY+ HAMSTRING FOCUS

SIDE BOOTY KICKS

3 sets // 12 reps E/L

STAGGERED STANCE RDL

3 sets // 12 reps E/L

REVERSE LUNGE

3 sets // 8-10 reps E/L

ROMANIAN DEADLIFT

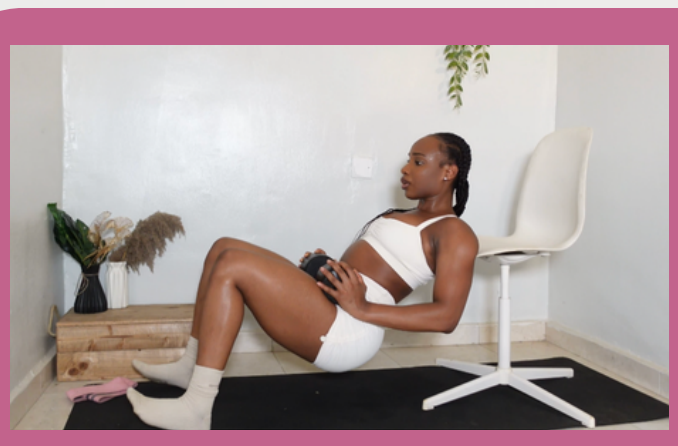
3 sets // 12 reps

SUMO DB SQUAT

3 sets // 12 reps

WEEK 3 - 4

BOOTY+ HAMSTRINGS
ROUND 2



HIP THRUST/ BRIDGE

3 sets // 12 reps E/L

STANDING GLUTE KICKBACKS

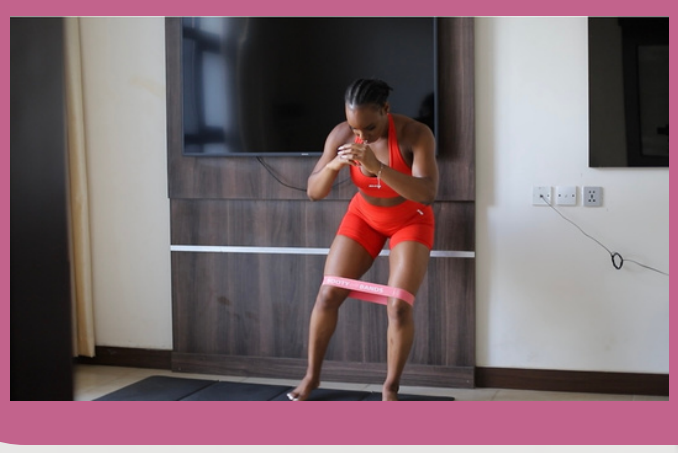
3 sets // 12 reps E/L

BULGARIAN SPLIT SQUAT

3 sets // 8-10 reps E/L

SINGLE LEG RDL

3 sets // 12 reps



SIDE STEP HALF SQUAT

3 sets // 12 reps

WEEK 3 - 4

Saturday

FULL BODY ROUND 1

BUTT KICKS

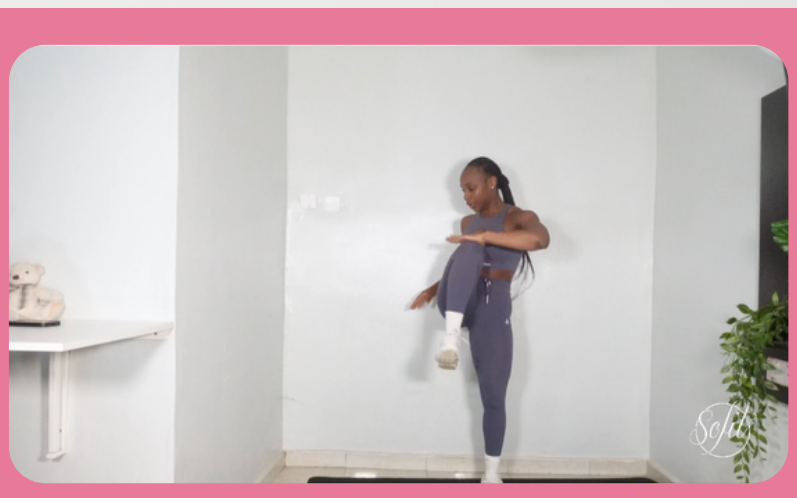
3 sets // 30 sec E/S

REVERSE LUNGE KNEE TUCK

3 sets // 30 seconds

STATIC AIR PUNCHES

3 sets // 30 seconds



SQUAT KNEE TUCK

3 sets // 30 seconds

SQUAT FRONT KICKS

3 sets // 30 seconds

WEEK 3 - 4

ROUND 2:

STANDING BUTT KICKS

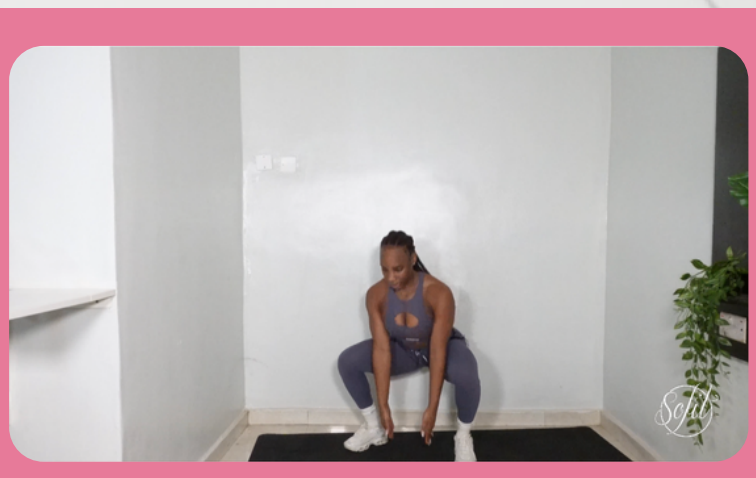
3 sets // 30 sec E/S

JACK AIR PUNCH

3 sets // 30 seconds

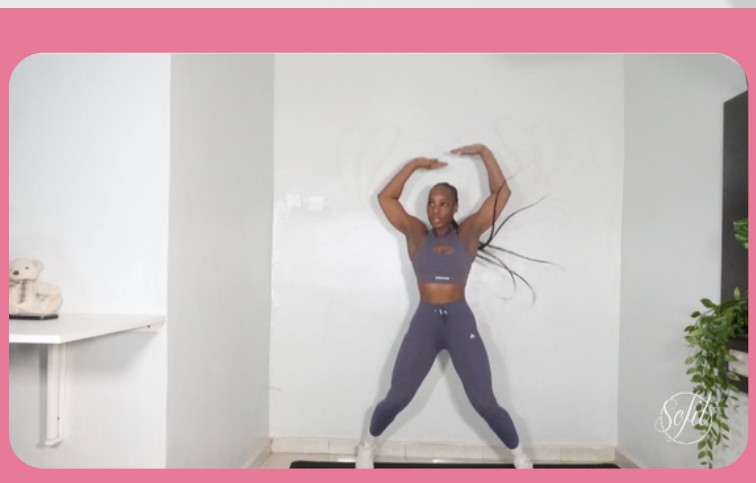
STATIC FEET SHUFFLES

3 sets // 30 seconds



SQUAT DROPS

3 sets // 30 seconds



JACKS

3 sets // 30 seconds

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.”

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