GYM PROGRAM GUIDE

BOOTY & ABS

Sculpt

www.sandraokekefit.com

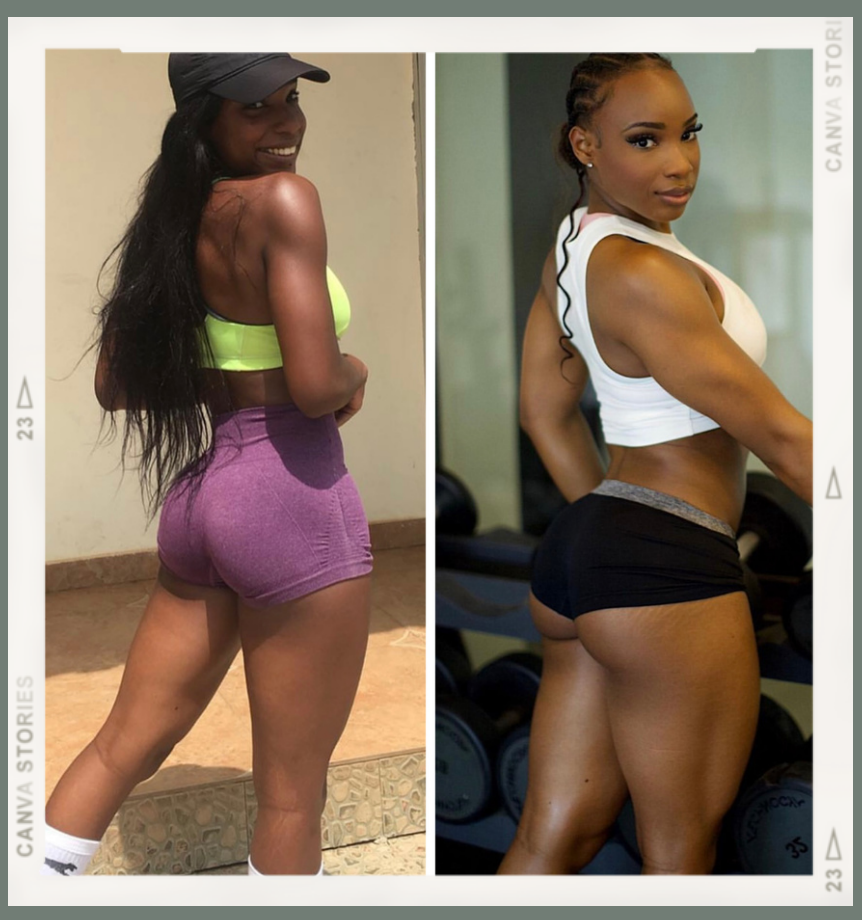
Disclaimer

This guide has been written by Sandra Okeke. Founder of SOFIT GLOBAL VENTURES.
No part of this publication may in any form, be reproduced, stored, or transmitted, or by any means, electronic, mechanical, photocopying, recording and/or otherwise without the prior written permission of the author. This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of the guidelines herein is at the sole choice and risk of the reader.

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.**

Copyright © 2023 SOFIT GLOBAL VENTURES LTD. All rights reserved.

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.

CAPTURE /SUBMIT YOUR 'WEEK 0' PHOTOS BEFORE YOU START!

HOW TO PROPERLY TAKE YOUR PROGRESS PHOTOS

1. **MUST BE TAKEN ON A BLANK WALL WITH NO DISTRACTIONS AND IN GOOD LIGHTING:** No doors, shower curtains, tables, or any distracting objects in the background
2. **DO NOT STAND TOO CLOSE TO CAMERA:** Your photos must be a full body photo with a **front, side and back view.** Hold your arms Up or straight out in front of you.
3. **NO STICKERS OR EMOJI'S COVERING THE FACE:** If you don't want your face showing simply crop your face out of the picture before submission.

PROPER ATTIRE

- WEAR BIKINI OR SPORTS BRA AND BOTTOMS THAT SHOW ENOUGH FOR US TO SEE YOUR PROGRESS
- NO LONG SHORTS OR LONG TOPS.
- NO TUCKING STOMACH IN BOTTOMS.
- STOMACH NEEDS TO BE FULLY SHOWN
- SOLID COLORS ONLY.

HOW TO FOLLOW *your plan!*

Please read this next section very carefully

WORKOUTS

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

What does this mean?

This means you are given a set of 5-8 exercises for each day for a week and you are required to follow that exact training split for the next month. Because you are training from the gym, you will not be changing your workouts frequently. 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.

The **GYM** Plan will provide you with the tools to train hard and nourish your body and build and sculpt 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 the RIGHT way to train and eat. No fad diets, no pills, no waist trainers, no starving yourself.
Since SOfit first launched, I've seen my training and nutrition programs help countless others transform their bodies, their minds and their lives!
I want you all to completely transform the way you FEEL. 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 gains, and joining a community filled with others 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! I've tweaked it a little to suit your own fitness levels and goals. You'll have a whoollleee lotta lower body training and toning upper body sessions.

You will be training 5 days a week.
There will be two days in the week as your REST DAYS. For this plan Thursday's and Sunday's have been set aside as your rest day however you can change this schedule to suit you, so you are free to choose what your rest days 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 recover!

STRETCHES: You are provided with a group of dynamic stretches that can be followed before and after your workout! Stretching is so important so do not skip this 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. An example structure has already been set up for you. So you will see Monday-Thursday with Friday and Sunday as a rest day.

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)

SUPER SET: A super set is a form of exercise where you focus on working muscle groups back to back with little rest in between. An example of a superset would be doing one set of 10 squats then, immediately do a set of hip thrusts with NO rest in between.

DROP SET: Using drop sets is a technique for continuing an exercise with a lower weight once muscle failure has been achieved at a higher weight.
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.

YOUR 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 Cardio/HIIT session
Sundays: Rest

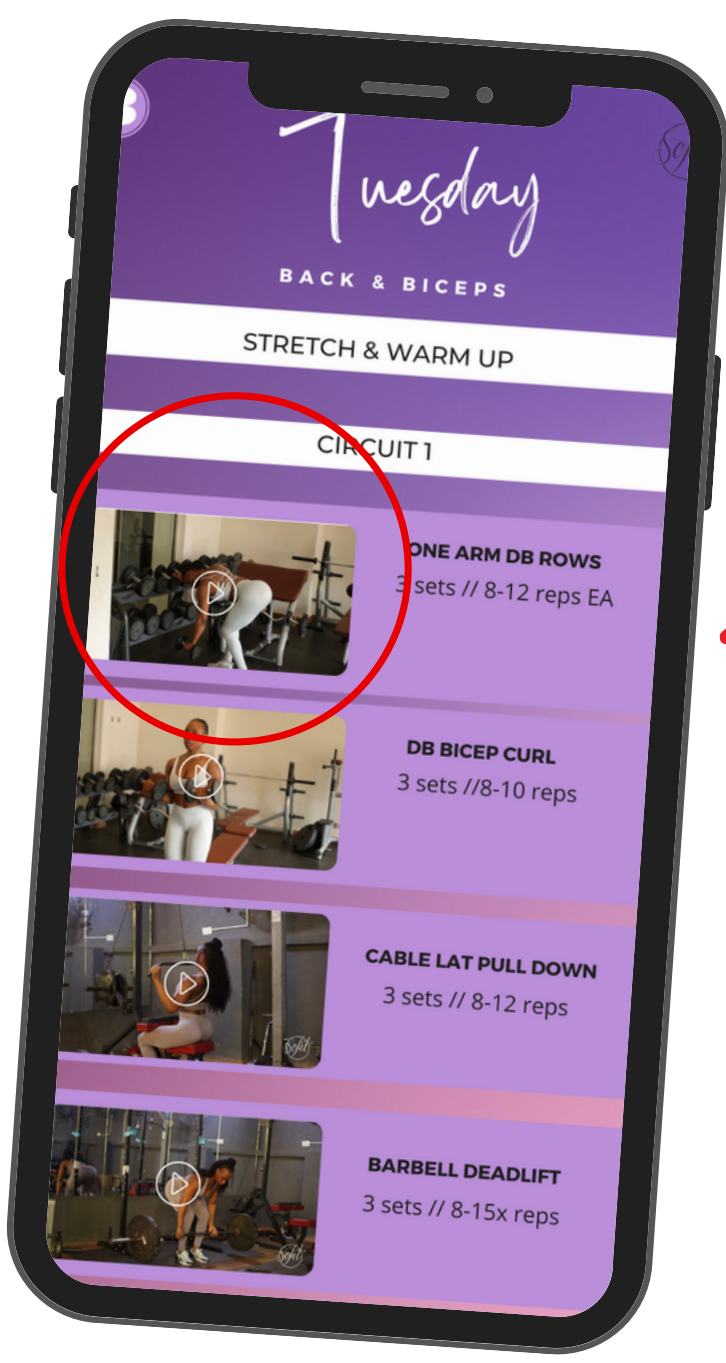
After week 1, you are expected to follow the same routine the following week, **for the next four weeks.**

For each day you will have two rounds/Circuits. Circuit 1 will have 4 exercises and you are expected to perform 3-4 Sets of each exercises here,
Circuit 2 usually has the same number of exercises You are also expected to complete 3-4 sets of each here as well. Please complete Circuit 2 after Circuit 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 full length or follow-along ! This means your exercises are only demonstrated in short, 30-60 second formats. The name of each exercise will be written in this guide and on the videos, as well as the number of sets, reps to complete them, and rest time. You are required to perform each exercise to the number of sets and reps given. Please follow these sets and Reps and do your best to complete them!

VIDEO ACCESS

Your videos are provided in LINKS and not all will be downloadable. You will notice some videos are hosted on YouTube (these videos will have a YT Icon) and some videos are uploaded on Google Drive. The videos hosted on YOUTUBE are not downloadable nor are they made public so only you with the links can see them. The videos on Google Drive may be downloaded. 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

IF YOU ARE A BEGINNER

I was once a beginner so I understand. I dedicated this section to you. Those of you who are just starting off your journey.
Getting off the couch and into the gym can be an intimidating process, especially when everyone seems to know a lot more than you do. To be successful in your fitness goals, it's important to start off on the right track. Far too many beginners get started on the wrong foot, develop bad habits, and then struggle to achieve their goals of building muscle and burning fat.
I don't want you to struggle with more challenges than you already have to so you are off to a great start with this program. Don't feel overwhelmed with the workouts at all. There is no pressure to get everything right in the beginning.

Here are a few tips if you're starting off as a beginner with this plan;

1. **Start off light**. And aim for completing 2 sets then progress to 3. It's okay if you can not complete all 3 sets at the go. Just go at your own pace.
2. **Control Your Lifts:** Beginners often learn by watching. That's not necessarily a bad thing, but if you copy somebody doing a lift improperly, it means you're not doing it right, either. Most often, bad form comes from trying to lift too much weight too soon. When that happens, most people turn to momentum rather than muscle contraction to move the weight. So watch my videos carefully and study my form!
3. **Start with Compound movements**: To get the best results for muscle growth and fat loss, it's best to start with compound lifts like the squat, bench press, shoulder press, bent-over row, deadlift, pull-up, and lunge. A majority of your workouts in this plan are compound lifts. These lifts require you to use multiple muscle groups at the same time. Doing them will allow you to lift more weight, hit more muscles, and increase your metabolic rate much better than you could doing dropsets of isolation movements like triceps extensions.
4. If you need to stop and rest do so!
5. Don't be afraid to ask questions.
6. **GO AT YOUR OWN PACE** : You can do fewer reps (5-10) of each exercise until you progress through to being able to do more. Remember it takes time to build strength .

CHOOSING YOUR *Weights*

HOW MUCH WEIGHTS 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. However there are NO weight limits so do not limit your capacity or keep yourself in a box. Your goal should be to progress and get stronger and eventually be able to lift heavier by the end of this plan. This is how you build those muscles!

You should know your strength level so choose weights accordingly. Start with a weight that allows you to do the first set of 10 reps with moderate ease. This will typically be 5kg. 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.

ABREVIATIONS

BB Barbell
DB Dumbbell
E/W Each Way
E/A Each Arm
E/L Each Leg

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

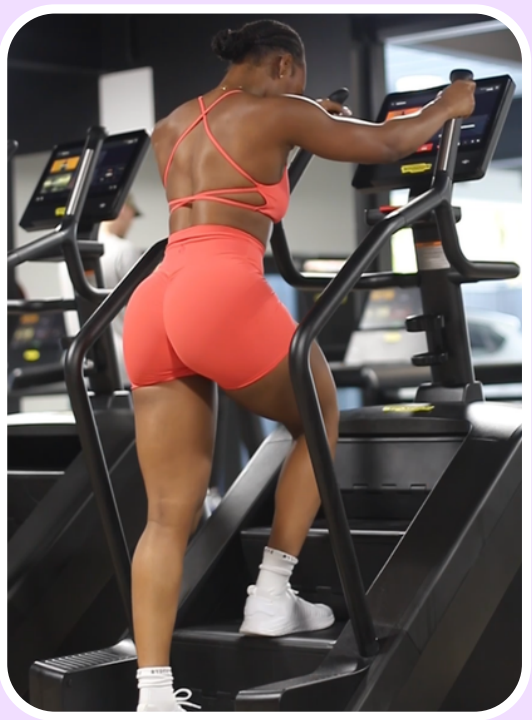
2. " HOW MANY TIMES SHOULD I WORKOUT A DAY?"
Your workouts for this challenge were designed to be done once a day. The age long idea that you need to train multiple times a day for "effective results" isn't true. You should not be over training. Try to complete the given sets and reps for your workout 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*

CARDIO/WARM UPS FOR EACH WEEK

There are so many different ways to do cardio not just the ones listed here. You can go on a run/jog, swim, hike, anything that gets your heart pumping !



15 MIN STAIRMASTER

Go on the stairmaster at a challenging pace for 15 minutes

25 MIN TREADMILL RUN

Start on an incline of 6 and walk for 2 minutes then run for 2 minutes.
Repeat this for 25 minutes

10 MIN JUMP ROPE/SKIPPING

Skipping is a great form of cardio. You can incorporate a 10-20 minute skipping routine before or after your workout

DYNAMIC STRETCHES

- Dynamic stretches are stretches that move you through your full range of motion. Perform before & after workout

LUNGE ROCKS

QUAD STRETCH

SHINBOX SWITCHES

SEATED KNEE HUGS

TOE REACH

DEEP SQUAT STRETCH

FRONT LEG SWINGS

CLICK HERE FOR VIDEO

1

Monday

LEGS

WARM UP & STRETCH

CIRCUIT 1

Circuit means each exercise should be performed immediately after the other

LEG PRESS SEATED

3 sets // 10-15 reps

BARBELL BACK SQUATS

3 sets // 8-12 reps

SEATED OR LYING LEG PRESS

3-4 sets // 10-15 reps

LEG CURLS SEATED

3 sets //10-15 reps

2

CIRCUIT 2: AB FINISHER

Perform 3 sets of each Ab exercise for 1 minute, rest 40 seconds after each set

PLANK WALKS

3 sets // 60 secs

JACK KNIFE REACHES

3 sets // 60 secs

CIRCLE ROTATIONS

3 sets // 60 secs

SIT UP AIR PUNCHES

3 sets // 60 secs

KICKBACK KNEE DRIVE

3 sets // 60 secs

3

Tuesday

PULL DAY

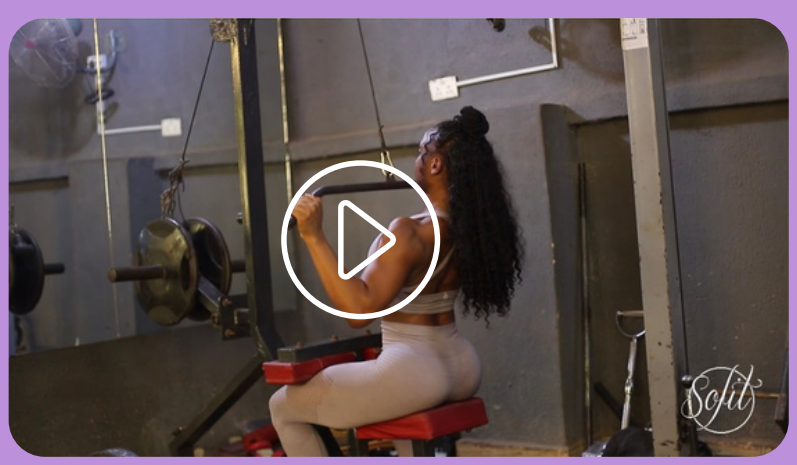
CIRCUIT 1

ONE ARM DB ROWS

3 sets // 8-12 reps EA

DB BICEP CURL

3 sets //8-10 reps



CABLE LAT PULL DOWN

3 sets // 8-12 reps

BARBELL DEADLIFT

3 sets // 8-15x reps

MACHINE BACK ROWS

3 sets // 8-15x reps

3

BACK & BICEPS

CIRCUIT 2

DB HAMMER CURL

3 sets //8-10 reps

ASSISTED PULL UPS

3 sets //8-10 reps

KNEELING CABLE ROW

3 sets //8-10 reps

2

CIRCUIT 3: AB FINISHER

Perform 3 sets of each Ab exercise for 1 minute, rest 40 seconds after each set

PLANK TAPS

3 sets // 60 secs

LEG DROPS

3 sets // 60 secs

DEADBUGS

3 sets // 60 secs

V-CRUNCHES

3 sets // 60 secs

ONE LEG JACKKNIVES

3 sets // 60 secs

5

Wednesday

GLUTES + HAMSTRINGS

STRETCH & WARM UP

GLUTE ACTIVATION

2 sets only// 30 seconds each

This is optional, You can just perform your dynamic warm up

CIRCUIT 1

BB HIP THRUSTS

3 sets // 8-12 reps

Rest 40 seconds

LYING HAMSTRING CURLS

3 sets // 10-15 reps

Rest 40 seconds

DB ROMANIAN DEADLIFT

3 sets //10-15 reps

Rest 40 seconds

6

GLUTES + HAMSTRINGS

CIRCUIT 2

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

DB REVERSE LUNGES
3 sets //10-15 reps EL

Rest 40 seconds

Complete all exercises in this round

Thursday

Rest Day

”Your only **limit** is your **mind**.”

7

Friday

PUSH DAY

STRETCH & WARM UP

ROUND 1

BB BENCH PRESS (INCLINE)

3 sets //8-10 reps

rest for 40 seconds

ONE ARM SHOULDER FLY

3 sets // 8-12 reps

rest for 40 seconds

FRONT PLATE RAISES

3 sets // 8-12 reps

rest for 40 seconds

DB TRICEP EXTENSION

3 sets // 8-12 reps

8

CHEST + TRICEPS+ SHOULDER

ROUND 2

CLOSE GRIP PRESSES

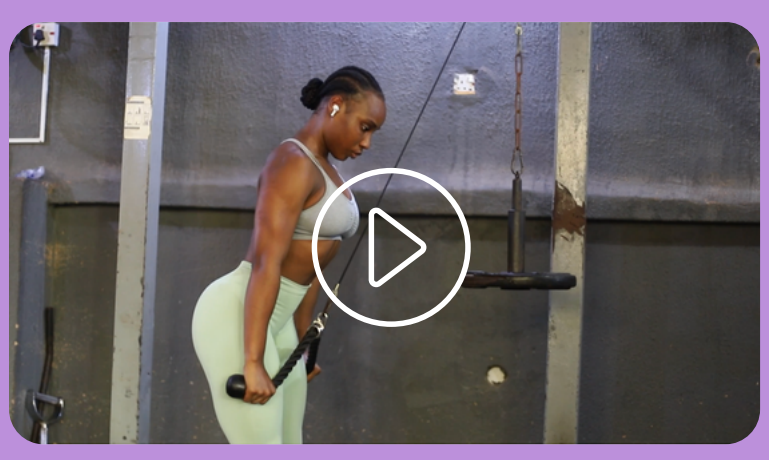
3 sets // 8-12 reps

SEATED SHOULDER PRESS

3 sets // 8-12 reps

DUMBBELL CHEST FLY

3 sets // 8-12 reps



CABLE TRICEP PUSHDOWN

3 sets // 8-12 reps

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

Sofit

9

Saturday

BOOTY & HAMSTRING FOCUS

CIRCUIT 1- COMPLETE THIS SET BEFORE MOVING TO CURCUIT 2

HIP ADDUCTOR
3 sets // 8-15 reps

HIP THRUSTS
3 sets // 8-15 reps

CABLE GLUTE KICKBACK
4 sets // 12 reps

DB SUMO PULSE SQUAT
3 sets //10-15 reps

BOOTY & HAMSTRING FOCUS

CURCUIT 2

DUMBBELL STEP UPS

3 sets // 8-15 reps

REVERSE LUNGES

4 sets // 12 reps

CABLE AB CRUNCH

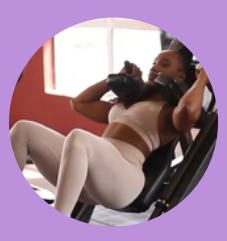
3 sets //10-15 reps

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

WORKOUT SWAPS

Dont fancy a particular exercise or just want to do a new workout? Or maybe your gym doesn't have specific equipment and you need a swap, In this section I have included exercise variations, substitutions or swaps if you may call it. Occasionally you may want to give your body new demands and stimuli, but you don't have to change your entire workout. A simple swap of one exercise for one that is similar in movement and style could be just what you need to give your body a new challenge. By adding small challenges, such as jumping or rotation, or by changing body position, these exercise swaps will kick up the intensity of your existing program.

LEGS



HACK SQUAT

GOBLET SQUAT

SINGLE LEG PRESS

BACK

MACHINE BACK EXTENSIONS

MACHINE BACK EXTENSIONS

LANDMINE ROW

CHEST

CABLE CHEST FLY

MACHINE CHEST FLY

BARBELL CLOSE PRESS

SHOULDERS

MACHINE SHOULDER PRESS

FRONT SHOULDER RAISE

TRACK YOUR PROGRESS

Tracking your progress is **VERY IMPORTANT hence why you were asked to take your progress photos. It** 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.

DITCH THE SCALE!

Now, 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 in the evening, and somehow you've gained 2kg in 12 hours. '**WHAT DID I EAT?!?**!' you ask yourself. And then you proceed to have a mental break- down because you can't believe it. You become dissatisfied and discouraged and begin to question your progress.
Ditch that scale . I mean it. **Why?**
Traditional scales are misleading. Just having a meal and drinking an adequate supply of water can make you 'gain weight in 12 hours ', and simply going to the bathroom to pee or even poo can make you drop a few extra pounds.

Most importantly, muscle is actually 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.) Its so normal for weight to fluctuate for reasons that have nothing to do with body composition.

You'll notice that as you lose fat and start toning up (building muscle) , 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. Likewise, just because the number on the scale went up doesn't mean you're "getting fat" (unless you're eating foods that aren't healthy).

REASONS WHY THE NUMBER ON THE SCALE CAN GO UP:

- **You are eating higher carbs: Th**is can lead to more water retention in your body. When we eat high carb foods, our bodies hold on to more water in order to digest the carbohydrates and use them for energy — this is a normal human response so **don't let it put you off eating carbs as carbs aren't bad.** With every 1g of carbs we eat, our bodies hold on to an extra 3g of water, so when you eat a 200g portion of carbs, you will weigh 800g more, which is nearly 2lbs.. This is only water weight not fat.

2. The time of day. We usually weigh more towards the afternoons and evening times when we've had our first or second meals.
3. If You're on your period : Can cause Bloating, etc
4. heavy workout, particularly strength-training or if you're new to exercise, can cause temporary weight gain of 3-4 lbs — this is water retention due to muscle inflammation.
5. you haven't emptied your bowel for a while, that can affect the scale reading, as can whether you ate dinner early or late the night before.

DO NOT measure your self worth or your progress by the number on the scale. If you absolutely are going to weigh yourself, do so every 4 weeks to really monitor your progress. And I always recommend weighing yourself in the morning and not at night, as it's important to weigh in with an empty stomach and bladder so that the readings are consistent week after week

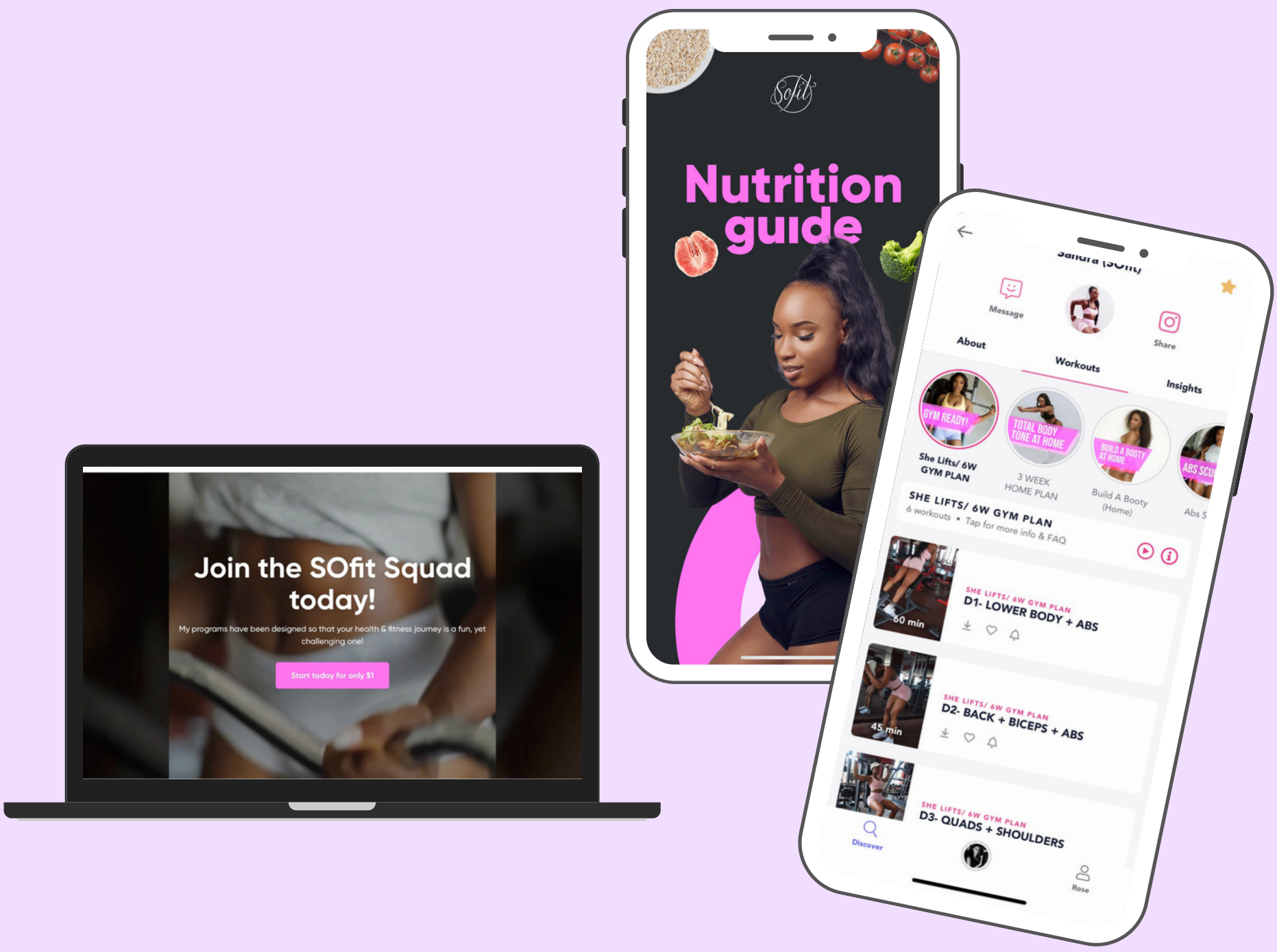
BEST WAYS TO TRACK YOUR PROGRESS

These are the ways i recommend you track your progress.

1. **Progress pictures** (take photos every 4-6 weeks of your front, back and side view. Wear the same or similar clothes)
2. **Tape measure (**using a tape measure is the most accurate way to get your current measurements)

GOOD WORK!

You've completed the SOFIT BOOTY & ABS SCULPT GYM PLAN. What's next for you? I recommend that you stick with this plan or join any upcoming Challenges for at least 6-10 weeks! You can also purchase my fitness App and train with me at your fingertips free for the first 7 Days. 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 🎉

SUBSCRIBE TO MY YOUTUBE CHANNEL FOR MORE VIDEOS