

# A SAMPLE FROM THE FOUNDATION PROJECT



90 Days to Strength & Grace  
A Faith-Based Fitness Transformation for  
Moms

Experience the Depth. Feel the Difference.

# THIS ISN'T JUST A WORKOUT PLAN.

The Foundation Project is built on the belief that true, lasting health is built on four pillars. This holistic approach is what makes it transformative.

FAITH: Stewardship over shame. Honoring your body as a gift.

FUEL: Nourishment over restriction. Simple, family-friendly nutrition.

FITNESS: Strength over skinniness. Sustainable, pain-proof movement.

FELLOWSHIP: Community over comparison. Support from sisters who get it.



Inside the full 90-day program, every workout, every meal, and every journal prompt is designed to strengthen these four pillars in your life.

What you'll find in this sample: A glimpse into the structure, care, and practical guidance that awaits you in the complete journey.

# A LOOK INSIDE: YOUR FIRST LOWER BODY WORKOUT

Workout: Phase 1, Week 1 - Lower Body (Glute Focus)

Focus: Mind-Muscle Connection & Form Mastery

Duration: 45-60 min | Rest: 60-90 sec between sets

| Exercise            | Sets x Reps     | Key Coaching Cue                                       |
|---------------------|-----------------|--|
| Hip Thrust          | 3 x 15          | "Drive through your heels, squeeze glutes at the top." |
| Goblet Squat        | 3 x 15          | "Chest up, sit back into a chair."                     |
| Banded Glute Bridge | 3 x 15          | "Push knees out against the band."                     |
| Romanian Deadlift   | 3 x 15          | "Hinge at hips, feel hamstring stretch."               |
| Banded Kickback     | 3 x 15 per side | "Keep core tight, focus on glute contraction."         |

This is just one of over 36 unique, progressive workouts in the full program.



# A DAY OF NOURISHMENT: SIMPLE & SATISFYING

See how the Fuel pillar comes to life. This is a sample day from the Week 1 Family Meal Plan (~2100 calories).

Breakfast (7:00 AM):  
2-egg omelette with spinach & tomato  
1 slice whole-wheat toast  
½ avocado

Mid-Morning Snack (10:30 AM):  
Greek yogurt with a handful of berries

Lunch (1:00 PM):  
Leftover Savoury Mince from dinner  
Served on a bed of mixed greens

Afternoon Snack (4:00 PM):  
Apple slices with 1 tbsp peanut butter

Dinner (6:30 PM):  
Oven-Baked Chicken & Potato Wedges  
Side of steamed mixed vegetables

The full program includes 12 weekly shopping lists, 30+ family-friendly recipes, and customizable nutrition targets.

# CONNECTING FAITH & FITNESS: YOUR WEEK 1 JOURNAL

Scripture Focus:

**"I can do all this through him who gives me strength." - Philippians 4:13**

Journal Prompts:

1. Gratitude in Movement: This week, I am thankful for how my body allowed me to...
2. Strength in Challenge: How does the truth of Philippians 4:13 change my perspective when a workout feels hard?
3. Prayer Focus: Lord, this week I pray for consistency not for my own glory, but to be a better steward of the strength You provide...

**The full 90-day guide includes** a dedicated faith journal for each week, with new scriptures and prompts to deepen your spiritual journey alongside your physical one.

# READY FOR THE FULL TRANSFORMATION?

This sample shows the structure, depth, and heart of The Foundation Project. But it's just a fraction of what you'll receive.

The complete 90-day program includes:

- The Full 90-Page Guide with all workouts, meal plans, and journals.
- Access to the Private LHF App for seamless workout tracking.
- Supportive Community in our private WhatsApp group.
- My Personal Guidance through monthly live coaching calls.

Invest in the woman God is calling you to be.

👉 [www.lianneherbstfitness.com/the-foundation-project](http://www.lianneherbstfitness.com/the-foundation-project)

With faith in your journey,  
Lianne

# READY TO BUILD YOUR FULL FOUNDATION?

What's Included:

- ✓ 12-Week Structured Plan
- ✓ Specific Meal Guides (affordable foods)
- ✓ Home & Park Workouts (45 mins max without interruptions)
- ✓ Weekly Check-ins & Support



The Foundation Project is the complete 90-day system, hosted in your own LHF app, where you'll:

- Follow your dumbbell blueprint with 3 progressive training phases
- Cook from 1,000+ recipes and generate shopping lists in one click
- Track your workouts, meals, and progress seamlessly in one place
- Strengthen your faith with weekly scripture and prayer journals

One-time investment: R2,500