



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

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