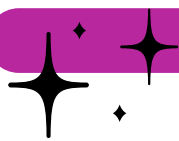
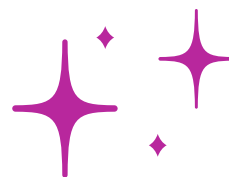


THE STRONG MAMA RESET

5 Days to Reconnect, Rebuild & Recharge —
Even if You're Sleep-Deprived & Stretched Thin



Hey mama!



I see you — tired, craving your old strength back, and secretly Googling “how to stop peeing when I sneeze.”

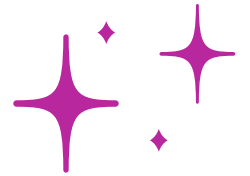
You don’t need to overhaul your life. Just a few minutes a day with intention — and I’ll guide you there.

This 5-day reset is a sneak peek into how I coach moms to feel strong, safe, and sexy again.

Let’s start small, together 💪

What to expect:

- 5 short movement + mindset tasks
- Supportive to postnatal bodies
- Can be done in PJs with your toddler crawling over you 😊



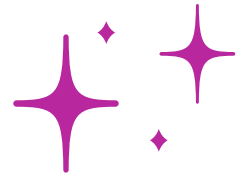
DAY 1 – Wake Up the Core

Movement:

- Diaphragmatic Breathing (3 rounds)
- 3x20s Glute Bridge Hold
- 2x20 Bird-Dogs (slow & controlled)

Mindset:

“My body is not broken. It’s rebuilding.”



DAY 2 – Reset the Posture

Movement:

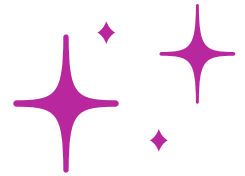
- 3x10 Wall Angels
- 2x20s Chest Opener on Wall
- 30s Child's Pose Breathing

Mini Tip:

Set your alarm 10 mins earlier and do this before the house wakes.



DAY 3 – Core + Pelvic Floor Connection



Movement:

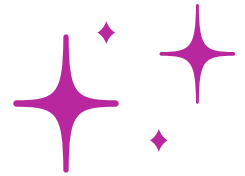
- Seated Core Activations (blow-out candles technique)
- Marching Glute Bridge (2x10 each side)

Mindset:

“Every rep brings me closer to feeling powerful again.”



DAY 4 – Release the Tension



Self-Massage or Mobility Routine:

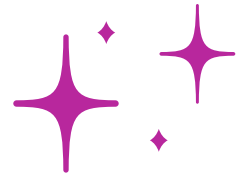
- 2 mins foam rolling hips
- Shoulder circles + deep breathing
- Child's pose or Legs up wall (2 mins)

Bonus Tip:

Try an Epsom salt bath tonight with my recovery guide (CTA)



DAY 5 – Feel the Shift



Mini Circuit (5–7 mins):

- Glute bridge x15
- Side-lying clam x12/side
- Bodyweight squat x10
- Deep squat hold & breathe

Mindset Reflection Prompt:

“What’s changed this week?”

I invite you to send your wins on WhatsApp



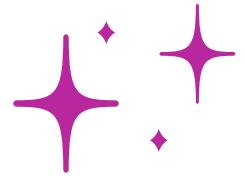
DAY 1 – Wake Up the Core

Mindset: “My body is not broken. It’s rebuilding.”

➤ 1. Diaphragmatic Breathing (3 rounds)

How to:

1. Lie on your back, knees bent, feet flat on the floor.
2. Place one hand on your belly, one on your chest.
3. Inhale deeply through your nose – feel your belly rise.
4. Exhale slowly through your mouth – belly falls.
5. Repeat for 5–6 slow breaths = 1 round. Do 3 rounds.



➤ 2. Glute Bridge Hold – 3 rounds of 20 seconds

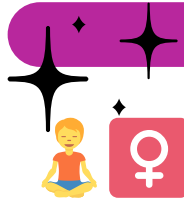
How to:

1. Lie on your back, knees bent, feet hip-width apart.
2. Press your heels into the floor.
3. Squeeze your glutes and lift hips until your body forms a straight line from knees to shoulders.
4. Hold at the top for 20 seconds.
5. Lower down, rest, then repeat 2 more rounds.

➤ 3. Bird-Dogs – 2 sets of 20 reps (10/side)

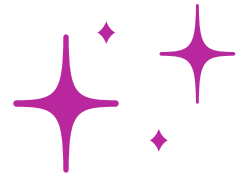
How to:

1. Get on hands and knees, wrists under shoulders, knees under hips.
2. Extend one arm forward and the opposite leg back.
3. Hold for 2 seconds, then return to start.
4. Alternate sides, moving slowly and with control.
5. Complete 10 reps each side × 2 sets.



DAY 2 – Reset the Posture

Mini Tip: Set your alarm 10 mins earlier and do this before the house wakes.



➤ 1. Wall Angels – 3 sets of 10

How to:

1. Stand against a wall, feet 10cm away from it, back flat.
2. Raise arms to shoulder height, elbows bent at 90°.
3. Slide arms up the wall, keeping contact, like a snow angel.
4. Lower back down slowly.
5. Do 10 reps × 3 sets.

➤ 2. Chest Opener on Wall – 2 rounds of 20 seconds/side

How to:

1. Stand next to a wall.
2. Place one palm flat on the wall at shoulder height.
3. Gently turn your body away from the wall until you feel a stretch across your chest.
4. Hold for 20 seconds, then switch sides.

➤ 3. Child's Pose Breathing – 30 seconds

How to:

1. Kneel on the floor, big toes touching, knees wide.
2. Sit hips back to heels and stretch arms forward.
3. Rest forehead on the mat.
4. Breathe deeply into your ribs and lower belly for 30 seconds.



DAY 3 – Core + Pelvic Floor Connection



Mindset: “Every rep brings me closer to feeling powerful again.”

➤ 1. Seated Core Activations (“Blow-Out Candles” Technique)

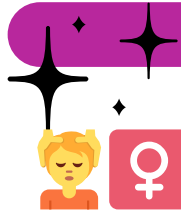
How to:

1. Sit comfortably with your spine tall.
2. Take a deep inhale.
3. As you exhale, pretend to blow out 10 small birthday candles, gently pulling belly in.
4. Focus on activating your deep core.
5. Repeat 5 times, resting between each.

➤ 2. Marching Glute Bridge – 2 sets of 10/side

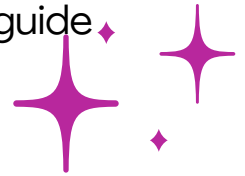
How to:

1. Start in a glute bridge position (see Day 1).
2. Hold your hips up.
3. Slowly lift one foot off the floor – keep hips level.
4. Lower and switch sides.
5. Perform 10 reps per side × 2 sets.



DAY 4 – Release the Tension

Bonus Tip: Try an Epsom salt bath tonight with my recovery guide (CTA)



➤ 1. Foam Rolling Hips – 2 minutes

How to:

1. Sit on a foam roller, cross one ankle over the opposite knee.
2. Lean slightly to the side of the crossed leg.
3. Roll slowly back and forth over your glute.
4. Spend 1 min per side.

➤ 2. Shoulder Circles + Deep Breathing

How to:

1. Stand or sit tall.
2. Roll shoulders forward in a slow, circular motion x10.
3. Then roll backward x10.
4. Finish with 3 deep breaths: inhale through nose, exhale long through mouth.

➤ 3. Child's Pose or Legs Up Wall – 2 minutes

Child's Pose: same as Day 2.

Legs Up Wall:

1. Lie on your back near a wall.
2. Slide hips close and extend legs vertically against the wall.
3. Rest arms by your side and breathe deeply for 2 minutes.



DAY 5 – Feel the Shift

Mindset Prompt: “What’s changed this week?”

👉 Message me your wins on WhatsApp or IG — I want to celebrate with you!



➤ 1. Glute Bridge x15

(Same as Day 1, but now with reps instead of hold.)

➤ 2. Side-Lying Clam x12/side

How to:

- 1.Lie on your side, knees bent, heels together.
- 2.Keep feet touching and open the top knee like a clam.
- 3.Don't rotate your hips – keep them stacked.
- 4.Squeeze glutes at the top.
- 5.Do 12 per side.

➤ 3. Bodyweight Squat x10

How to:

- 1.Stand with feet shoulder-width apart.
- 2.Lower into a squat, sending hips back like sitting in a chair.
- 3.Keep chest up and knees over toes.
- 4.Rise back up and squeeze glutes.
- 5.Do 10 controlled reps.

➤ 4. Deep Squat Hold & Breathe (30 sec)

How to:

- 1.Sink into a low squat.
- 2.Rest elbows inside knees, hands together in front of your chest.
- 3.Breathe deeply and hold the position for 30 seconds.



You did it!

You're already stronger than you were 5 days ago. Want to keep the momentum? My 6-week Strong Mama Reset is the next step — tailored for women like you who want to reclaim their strength without harsh bootcamps or toxic pressure.

 Use code STRONGMOM15 to get 15% off this week only

➡ Sign up today -

<https://www.lianneherbstfitness.com/product-page/mommy-core-reset>

Or DM me “RESET” on Instagram or Whatsapp to chat