

9-DAY LIMITED MOBILITY HEART WELLNESS CHALLENGE

Hearts in Motion: Move With
Purpose to Heal Your Heart

5 Seated or
Standing
Lumbar
Twists

6 Shoulder
Shrugs

2 Seated
Internal
Rotations

2 Seated
External
Rotations

4 Side Bends
on Each Side

Seated
Hollow-
Arch
Stretch

4 Scapular
Retractions

1 Forward
Bend for 5
seconds

8 Backwards
Shoulder Rolls

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