

9-DAY HEART WELLNESS CHALLENGE

Hearts in Motion: Move With
Purpose to Heal Your Heart

15 Minute Walk	10 Russian Twists	20 Lateral Raises
15 Bodyweight Squats	5 Minutes of Stretching	10 Hip Bridges
10 Minute Jog	1 Minute Plank	10 Scapular Retractions

@healwithpurpose.org



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

[@healwithpurpose.org](https://healwithpurpose.org)

