



30 Days of Fitness with Cassy

OCTOBER 2022

Quickfit
with Cassy

WEEK 1	Knees Must-Do Daily Moves for Your Knees	Balance Balance & Strengthen Your Leg Muscles	Shoulders Relieve Shoulder & Rotator Cuff Pain	Legs Tone Your Glutes and Thighs	Feet Beginner's Foot Strengthening Workout	Hips Open Up Tight Hip Joints
WEEK 2	Core Abdominal Training for Strength & Endurance	Legs Leg Exercises for a More Powerful You	Neck Loosen Up Your Stiff Neck	Triceps Bodyweight Exercises for Your Triceps	Hamstrings Strengthen Your Hamstrings	Full Body Loosen Every Joint and Move Easier
WEEK 3	Glutes Strengthen Lower Back & Glute Muscles	Balance Easy Balance Boosters - Seated!	Calves Calf and Foot Exercises for Runners	Spine Healthy Spine Workout	Hands Hand Exercises for Musicians	Cardio Low-Impact Cardio Workout
WEEK 4	Full Body Full Body Balance & Toning Workout	Feet Foot Exercises for More Energy	Upper Body Bone Strengthening Exercises - Upper Body	Mobility Deep Squat Workout	Relaxing Sleep Well with These Bedtime Stretches	High Energy Stretches to Feel Energized and Refreshed
WEEK 5	Upper Body Loosen Tight & Painful Shoulders	Cardio A High-Energy Chair Workout	Core Abdominal Strengthening Workout	Knees Stretches to Relieve Knee Pain	Balance Beginner Balance Challenge	Full Body Gentle Joint Warmup