



30 Days of Fitness with Cassy

NOVEMBER 2022

Quickfit
with Cassy

WEEK 1

Knees

[Gentle Relief for Sore Knees](#)

Balance

[Strength and Balance Exercises](#)

Shoulders

[Eccentric Exercises for Shoulders & Core](#)

Legs

[Essential Workout for Strong Legs](#)

Feet

[Make Your Feet Feel Great!](#)

Hips

[Stretches for the Lumbo-Pelvic-Hip Complex](#)

WEEK 2

Core

[Strengthen Abdominals to Support Your Core](#)

Legs

[Exercises for Leaner and Stronger Legs](#)

Posture

[Improve Your Posture and Body Awareness](#)

Arms

[Toning for Healthy Arms & Shoulders](#)

Hamstrings

[Balance Hip Flexors & Hamstring Muscles](#)

Full Body

[Strengthen These Neglected Muscles](#)

WEEK 3

Lower Body

[Stretches for Hamstrings, Glutes & Lower Back](#)

Balance

[Balance & Stability Practice](#)

Calves

[Strengthen Your Knees and Calves](#)

Spine

[Improve Your Spine Mobility](#)

Hands & Feet

[Exercises for the Hands & Feet](#)

Cardio

[Seated Cardio Workout](#)

WEEK 4

Full Body

[Full Body Range of Motion Exercises](#)

Feet

[Exercises for Weak or Fallen Arches](#)

Upper Body

[Fix Muscle Imbalance to Relieve Pain](#)

Mobility

[Stretch Those Legs!](#)

Pain Relief

[Quick Relief from Stiffness](#)

High Energy

[Seated Cardio & Ab Workout](#)

WEEK 5

Lower Back

[Loosen & Strengthen the Lower Back](#)

Cardio

[Stay Sharp, Clear the Brain Fog!](#)

Core

[Strengthen Your Core From the Floor](#)

Knees

[Exercises and Stretches for Tender Knees](#)

Balance

[Single Leg Strength Exercises](#)

Full Body

[Quick Stretches for Travelers](#)