



30 Days of Fitness with Cassy

FEBRUARY 2023



WEEK 1	Knees Quad Exercises for Pain Relief	Balance More Balance Exercises for Ready Reflexes-Part 3	Shoulders Neck and Shoulder Stretches for Tension Relief	Legs Squat Clinic for Healthy Joints	Feet Beginner's Foot Strengthening Workout	Hips Easy Ridin' With Hip and Leg Exercises
WEEK 2	Core Ab Workout for a Strong Core	Arms Tone Your Arms & Improve Your Posture	Back Back Strengthening Exercises	Glutes Strengthen Lower Back & Glute Muscles	Hips Stretches to Open Tight Hips	Full Body Back Strengthening Exercises
WEEK 3	Lower Body Relief for Standing All Day	Balance Beginner Balance Exercises – Part 1	Core Strengthen Your Core & Hips	Spine Seated Spine Mobility Exercises	Pain Relief Pain Relief Stretches for Hands & Feet	Cardio Seated Cardio Workout
WEEK 4	Full Body Stretches to Improve Digestion	Core Power Workout for Your Core	Upper Body Improve Your Torso Mobility	Mobility Relieve Joint Stiffness	Pain Relief Relief for Neck Strain & Upper Back Fatigue	Lower Body Lower Body Exercises for Power
WEEK 5	Lower Back Exercises for Lower Back Pain	Cardio Low-Impact Cardio Workout	Core Strengthen Your Core and Upper Back	Strength Build Strong Bones in Your Feet & Hips	Balance Workout to Improve Your Balance	Full Body Stretches for Sitting too Long