



30 Days of Fitness with Cassy

MARCH 2023



WEEK 1	Lower Body Exercises for Gardeners	Balance Beginner Balance Exercises – Part 2	Shoulders Strengthen Your Rotator Cuffs...Gently!	Knees Workout to Reverse Knee Valgus	Feet Healthy Feet & Calves	Hips Stretches to Relieve Hip Joint Pain
WEEK 2	Core Build Abdominal Muscular Endurance	Arms Toning Your Arms & Shoulders	Back Improve Your Neck Mobility	Glutes Strengthen Glutes for a Balanced Core	Hips Stretch Your Hip Flexors	Full Body Morning Stretches to Start Your Day
WEEK 3	Legs Stretch & Lengthen Tight Hamstrings	Balance Intermediate Balance Exercises – Part 1	Hands Stretch & Strengthen Your Hands	Spine Re-set Your Posture for Neck & Upper Back	Pain Relief Stop, Stand & Stretch!	Cardio Exercises to Improve Circulation
WEEK 4	Full Body Full Body Balance & Toning Workout	Core Tone Your Abs	Upper Body Stretches for Gardeners - Upper Body	Mobility Posterior Chain Stretches	Performance Pain Prevention Workout	Lower Body Stretches for Gardeners - Lower Body
WEEK 5	Lower Back Workout to Reduce Lower Back Pain	Cardio Get Your Heart Rate Up!	Back & Core Strengthening Your Back & Obliques	Relaxation Slow Down and Stretch Before Bed	Arms Strengthen Your Triceps	Flexibility How to Increase Flexibility Using Yoga Blocks