



30 Days of Fitness with Cassy

APRIL 2023



WEEK 1

Full Body

[A Quick Stretch Break at Your Desk](#)

Balance

[Strength and Balance Exercises](#)

Shoulders

[Upper Body Workout for Shoulder Pain](#)

Legs

[Healing Moves for Legs & Core](#)

Cardio

[Build Endurance with Light Cardio](#)

Hips

[Decompress Your Hip Joints](#)

WEEK 2

Core

[Core and Quad Conditioning](#)

Arms

[Strengthen Your Triceps](#)

Upper Body

[Best Exercises for a Stiff Neck](#)

Glutes

[Powerful Legs & Glutes](#)

Hips

[Stretch Your Tight Hips & Low Back](#)

Knees

[Exercises and Stretches for Tender Knees](#)

WEEK 3

Lower Body

[Deep Squat Workout](#)

Balance

[Dynamic & Static Balance Exercises](#)

Core

[Control & Engage Your Deep Core](#)

Spine

[Stretches to Improve Poor Posture](#)

Pain Relief

[Seated Hip Workout to Relieve Pain](#)

Cardio

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

WEEK 4

Full Body

[Full Body Range of Motion Exercises](#)

Knees

[Must-Do Daily Moves for Your Knees](#)

Upper Body

[Office Worker Workout](#)

Mobility

[Gentle Mobility Routine](#)

Posture

[Pain Relief for Dowager's Hump](#)

Feet

[Foot Care Class](#)

WEEK 5

Lower Back

[Exercises to Protect Your Lower Back](#)

Warm-up

[Stretches for a More Flexible Torso](#)

Legs

[Seated Leg Strengthening Exercises](#)

Arms

[Stretch the Hands & Strengthen the Arms](#)

Balance

[Intermediate Balance Exercises – Part 2](#)

Full Body

[Sleep Well with These Bedtime Stretches](#)