



30 Days of Fitness with Cassy

MAY 2023



WEEK 1	Full Body Wake Up Glorious – Morning Stretches	Balance Advanced Balance Exercises	Neck Relief for a Stiff Neck	Lower Body Warmup Stretches for Runners Part 1	Core Strengthen Your Core to do More	Hips Release Tight Hips with These 8 Moves
WEEK 2	Core Abdominal Training for Strength & Endurance	Arms Tone Your Arms & Improve Your Posture	Upper Body Bone Strengthening Exercises - Upper Body	Legs Exercises for Leaner and Stronger Legs	Flexibility Get Down to the Floor & Back Up – Part 1	Knees Gentle Relief for Sore Knees
WEEK 3	Lower Body Warmup Stretches for Runners Part 2	Balance Beginner Balance Challenge	Flexibility Get Down to the Floor & Back Up – Part 2	Spine Healthy Spine Workout	Upper Body Improve Your Torso Mobility	Cardio Energy Boosting Workout
WEEK 4	Full Body Muscle Conditioning for Powerful Movement	Knees Stretches to Relieve Knee Pain	Upper Body Tone Your Shoulders	Mobility Range of Motion Exercises	Posture Best Routine for a Healthy Thoracic Spine	Feet Calf and Foot Exercises for Runners
WEEK 5	Lower Back Improve Lower Back Stability	Performance Broomstick Stretches for Shoulders, Back & Hips	Legs Build Calf Strength and Flexibility	Arms Bodyweight Exercises for Your Triceps	Balance Balance Practice	Cardio Loosen Every Joint and Move Easier