



# 30 Days of Fitness with Cassy

## JUNE 2023



<b>WEEK 1</b>	<b>Full Body</b> <a href="#">Quick Relief from Stiffness</a>	<b>Balance</b> <a href="#">Balance Exercises for Ready Reflexes</a>	<b>Neck</b> <a href="#">Loosen Up Your Stiff Neck</a>	<b>Lower Body</b> <a href="#">Single Leg Strength Exercises</a>	<b>Core</b> <a href="#">Strengthen Your Core From the Floor</a>	<b>Hips</b> <a href="#">Improve Your Hip Mobility</a>
<b>WEEK 2</b>	<b>Core</b> <a href="#">Core and Lower Back Exercises</a>	<b>Arms</b> <a href="#">Relieve Hand Pain and Tone Your Arms</a>	<b>Upper Body</b> <a href="#">Gentle Exercises for Frozen Shoulder</a>	<b>Legs</b> <a href="#">Balance &amp; Strengthen Your Leg Muscles</a>	<b>Balance</b> <a href="#">Easy Balance Boosters - Seated!</a>	<b>Knees</b> <a href="#">Strengthen Your Knees and Calves</a>
<b>WEEK 3</b>	<b>Lower Body</b> <a href="#">Leg Exercises for a More Powerful You</a>	<b>Balance</b> <a href="#">Daily Balance Training</a>	<b>Agility</b> <a href="#">Improve Your Agility and Reflexes</a>	<b>Hips</b> <a href="#">Open Up Tight Hip Joints</a>	<b>Upper Body</b> <a href="#">8-Minute Arm Toning Workout</a>	<b>Cardio</b> <a href="#">A High-Energy Chair Workout</a>
<b>WEEK 4</b>	<b>Full Body</b> <a href="#">A 9-Minute Full Body Stretch</a>	<b>Knees</b> <a href="#">Stretch Your Way to Pain-Free Knees</a>	<b>Upper Body</b> <a href="#">Relieve Shoulder &amp; Rotator Cuff Pain</a>	<b>Mobility</b> <a href="#">A Quick Chair Aerobics Workout</a>	<b>Posture</b> <a href="#">Improve Your Spine Mobility</a>	<b>Feet</b> <a href="#">Foot Exercises for More Energy</a>
<b>WEEK 5</b>	<b>Lower Back</b> <a href="#">Loosen &amp; Strengthen the Lower Back</a>	<b>Coordination</b> <a href="#">Improve Your Coordination</a>	<b>Legs</b> <a href="#">Tone Your Glutes and Thighs</a>	<b>Arms</b> <a href="#">Arm Toning Workout at Home</a>	<b>Balance</b> <a href="#">Exercises to Improve Your Gait and Stop Shuffling!</a>	<b>Cardio</b> <a href="#">Seated Cardio &amp; Ab Workout</a>