



30 Days of Fitness with Cassy

JANUARY



WEEK 1	Knees How to Build Stronger Knees	Balance Balance & Stability Practice	Shoulders Broomstick Stretches for Shoulders, Back & Hips	Legs Stretch Those Legs!	Feet Gentle Movement for Stiff Toes & Ankles	Hips Stretch Your Hip Flexors
WEEK 2	Core Core & Leg Conditioning	Arms 8-Minute Arm Toning Workout	Posture Healthy Spine Workout	Glutes Complete Glute Workout	Hips Stretches for the Lumbo-Pelvic-Hip Complex	Full Body Midday Stretch at Your Desk
WEEK 3	Mobility Exercises for Weak Hip Flexors	Balance Improve Balance by Strengthening Your Feet	Legs Seated Leg Strengthening Workout	Spine Improve Range of Motion in Your Spine	Core Moves for a Healthy Digestive Tract	Cardio Seated Cardio & Ab Workout
WEEK 4	Full Body Quick Relief from Stiffness	Core Abdominal Strengthening Workout	Upper Body Loosen Tight & Painful Shoulders	Mobility Exercises for Weak or Fallen Arches	Lower Body Stretches for Hamstrings, Glutes & Lower Back	Performance Improve Your Agility with These Leg Exercises
WEEK 5	Hips Simple Floor Exercises to Loosen Up	Performance Get Down to the Floor & Back Up with Ease	Core Core and Quad Conditioning	Strength How to Build Strong Bones	Balance Advanced Balance & Core Strengthening	Full Body Gentle Joint Warmup