



30 Days of Fitness with Cassy

JUNE

Quickfit
with Cassy

WEEK 1

Full Body

[Quick Relief from Stiffness](#)

Balance

[Balance Exercises for Ready Reflexes](#)

Neck

[Loosen Up Your Stiff Neck](#)

Lower Body

[Single Leg Strength Exercises](#)

Core

[Strengthen Your Core From the Floor](#)

Hips

[Improve Your Hip Mobility](#)

WEEK 2

Core

[Core and Lower Back Exercises](#)

Arms

[Relieve Hand Pain and Tone Your Arms](#)

Upper Body

[Gentle Exercises for Frozen Shoulder](#)

Legs

[Balance & Strengthen Your Leg Muscles](#)

Balance

[Easy Balance Boosters - Seated!](#)

Knees

[Strengthen Your Knees and Calves](#)

WEEK 3

Lower Body

[Leg Exercises for a More Powerful You](#)

Balance

[Daily Balance Training](#)

Agility

[Improve Your Agility and Reflexes](#)

Hips

[Open Up Tight Hip Joints](#)

Upper Body

[8-Minute Arm Toning Workout](#)

Cardio

[A High-Energy Chair Workout](#)

WEEK 4

Full Body

[A 9-Minute Full Body Stretch](#)

Knees

[Stretch Your Way to Pain-Free Knees](#)

Upper Body

[Relieve Shoulder & Rotator Cuff Pain](#)

Mobility

[A Quick Chair Aerobics Workout](#)

Posture

[Improve Your Spine Mobility](#)

Feet

[Foot Exercises for More Energy](#)

WEEK 5

Lower Back

[Loosen & Strengthen the Lower Back](#)

Coordination

[Improve Your Coordination](#)

Legs

[Tone Your Glutes and Thighs](#)

Arms

[Arm Toning Workout at Home](#)

Balance

[Exercises to Improve Your Gait and Stop Shuffling!](#)

Cardio

[Seated Cardio & Ab Workout](#)