



30 Days of Fitness with Cassy

MAY

Quickfit
with Cassy

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](#)