



30 Days of Fitness with Cassy

OCTOBER

Quickfit
with Cassy

WEEK 1

Knees

[How to Build Stronger Knees](#)

Balance

[Advanced Balance & Core Strengthening](#)

Shoulders

[Tone Your Shoulders](#)

Legs

[Healing Moves for Legs & Core](#)

Feet

[Strengthen Your Feet to Improve Coordination](#)

Hips

[Improve Your Hip Mobility](#)

WEEK 2

Core

[Tone and Strengthen Your Core](#)

Legs

[Seated Leg Strengthening Exercises](#)

Posture

[Pain Relief for Dowager's Hump](#)

Arms

[Stretch the Hands & Strengthen the Arms](#)

Hips

[Easy Stretches for Tight Hips](#)

Full Body

[Range of Motion Exercises](#)

WEEK 3

Lower Body

[Stretch & Strengthen Inner & Outer Thighs](#)

Balance

[More Balance Exercises for Ready Reflexes](#)

Calves

[Healthy Feet & Calves](#)

Spine

[Improve Range of Motion in Your Spine](#)

Hands & Feet

[Exercises for Healthy Hands & Feet](#)

Cardio

[Energy Boosting Workout](#)

WEEK 4

Full Body

[Injury Prevention Workout](#)

Feet

[Gentle Movement for Stiff Toes & Ankles](#)

Upper Body

[Shoulder Mobility Broomstick Workout](#)

Mobility

[Best Routine for a Healthy Thoracic Spine](#)

Pain Relief

[Relief for a Painful IT Band](#)

Performance

[Improve Your Agility with These Leg Exercises](#)

WEEK 5

Lower Back

[Bone Strengthening Exercises - Lower Body](#)

Warm-up

[Clear Your Mind and Boost Your Energy](#)

Core

[Strengthen Your Core to do More](#)

Knees

[Workout to Reverse Knee Valgus](#)

Balance

[Improve Balance by Strengthening Your Feet](#)

Full Body

[Loosen Up Stiff Joints from Head-to-Toe](#)