



30 Days of Fitness with Cassy

DECEMBER

Quickfit
with Cassy

WEEK 1

Knees

[Must-Do Daily Moves for Your Knees](#)

Balance

[Dynamic & Static Balance Exercises](#)

Shoulders

[Exercises to Loosen Hands & Shoulders](#)

Legs

[Seated Leg Strengthening Workout](#)

Feet

[Improve Foot & Ankle Reflexes](#)

Hips

[Seated Hip Workout to Relieve Pain](#)

WEEK 2

Core

[Build Core Strength to Reduce Pain](#)

Arms

[Exercises to Relieve Elbow Pain](#)

Posture

[Moves for a Healthy Digestive Tract](#)

Glutes

[Complete Glute Workout](#)

Hips

[Release Tight Hips with These 8 Moves](#)

Full Body

[A Quick Stretch Break at Your Desk](#)

WEEK 3

Lower Body

[11-Minute Lower Body Stretch](#)

Balance

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

Core & Legs

[Core & Leg Conditioning](#)

Spine

[Healthy Spine Workout](#)

Pain Relief

[Relief for Stiff Hands & Shoulder Joints](#)

Cardio

[Get Your Heart Rate Up!](#)

WEEK 4

Full Body

[Midday Stretch at Your Desk](#)

Core

[How to Build a Strong Core](#)

Upper Body

[Toning Your Arms & Shoulders](#)

Mobility

[Exercises for Weak Hip Flexors](#)

Pain Relief

[Neck Stretches to Relieve Tension](#)

Performance

[Improve Your Agility and Reflexes](#)

WEEK 5

Lower Back

[Stretches for Sore Low Back & Tight Hips](#)

Warm-up

[Morning Stretches to Start Your Day](#)

Core

[Activate Your Deep Abdominals](#)

Strength

[How to Build Strong Bones](#)

Balance

[Balance Practice](#)

Full Body

[Relieve Sore Muscles and Stiffness](#)