



30 Days of Fitness with Cassy

FEBRUARY

Quickfit
with Cassy

WEEK 1

Knees

[Quad Exercises for Pain Relief](#)

Balance

[More Balance Exercises for Ready Reflexes-Part 3](#)

Shoulders

[Neck and Shoulder Stretches for Tension Relief](#)

Legs

[Squat Clinic for Healthy Joints](#)

Feet

[Beginner's Foot Strengthening Workout](#)

Hips

[Easy Ridin' With Hip and Leg Exercises](#)

WEEK 2

Core

[Ab Workout for a Strong Core](#)

Arms

[Tone Your Arms & Improve Your Posture](#)

Back

[Back Strengthening Exercises](#)

Glutes

[Strengthen Lower Back & Glute Muscles](#)

Hips

[Stretches to Open Tight Hips](#)

Full Body

[Back Strengthening Exercises](#)

WEEK 3

Lower Body

[Relief for Standing All Day](#)

Balance

[Beginner Balance Exercises – Part 1](#)

Core

[Strengthen Your Core & Hips](#)

Spine

[Seated Spine Mobility Exercises](#)

Pain Relief

[Pain Relief Stretches for Hands & Feet](#)

Cardio

[Seated Cardio Workout](#)

WEEK 4

Full Body

[Stretches to Improve Digestion](#)

Core

[Power Workout for Your Core](#)

Upper Body

[Improve Your Torso Mobility](#)

Mobility

[Relieve Joint Stiffness](#)

Pain Relief

[Relief for Neck Strain & Upper Back Fatigue](#)

Lower Body

[Lower Body Exercises for Power](#)

WEEK 5

Lower Back

[Exercises for Lower Back Pain](#)

Cardio

[Low-Impact Cardio Workout](#)

Core

[Strengthen Your Core and Upper Back](#)

Strength

[Build Strong Bones in Your Feet & Hips](#)

Balance

[Workout to Improve Your Balance](#)

Full Body

[Stretches for Sitting too Long](#)