



30 Days of Fitness with Cassy

JULY

Quickfit
with Cassy

WEEK 1

Full Body

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

Balance

[More Balance Exercises for Ready Reflexes](#)

Glutes

[Strengthen Your Glutes – Chair Workout](#)

Lower Body

[Stretch Your Tight Hips & Low Back](#)

Core

[Moves for a Healthy Digestive Tract](#)

Hips

[Balance Hip Flexors & Hamstring Muscles](#)

WEEK 2

Core

[Ab Workout for a Strong Core](#)

Full Body

[Gentle Joint Warmup](#)

Upper Body

[Upper Body Workout for Shoulder Pain](#)

Legs

[Stretch Those Legs!](#)

Balance

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

Neck

[Best Exercises for a Stiff Neck](#)

WEEK 3

Lower Body

[Strengthen These Neglected Muscles](#)

Balance

[Improve Foot & Ankle Reflexes](#)

Legs

[Essential Workout for Strong Legs](#)

Hips

[Easy Stretches for Tight Hips](#)

Upper Body

[Improve Your Torso Mobility](#)

Cardio

[Stay Sharp. Clear the Brain Fog!](#)

WEEK 4

Full Body

[Relieve Sore Muscles and Stiffness](#)

Core

[Build Core Strength to Reduce Pain](#)

Glutes

[Complete Glute Workout](#)

Mobility

[Seated Spine Mobility Exercises](#)

Posture

[Re-set Your Posture for Neck & Upper Back](#)

Feet

[Foot Strengthening Exercises](#)

WEEK 5

Lower Back

[Exercises for Lower Back Pain](#)

Hands & Feet

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

Legs

[Strengthen Your Hamstrings](#)

Arms

[Toning for Healthy Arms & Shoulders](#)

Balance

[Workout to Improve Your Balance](#)

Cardio

[Beginner's Aerobic Workout](#)