



30 Days of Fitness with Cassy

MARCH

Quickfit
with Cassy

WEEK 1

Lower Body

[Exercises for Gardeners](#)

Balance

[Beginner Balance Exercises – Part 2](#)

Shoulders

[Strengthen Your Rotator Cuffs...Gently!](#)

Knees

[Workout to Reverse Knee Valgus](#)

Feet

[Healthy Feet & Calves](#)

Hips

[Stretches to Relieve Hip Joint Pain](#)

WEEK 2

Core

[Build Abdominal Muscular Endurance](#)

Arms

[Toning Your Arms & Shoulders](#)

Back

[Improve Your Neck Mobility](#)

Glutes

[Strengthen Glutes for a Balanced Core](#)

Hips

[Stretch Your Hip Flexors](#)

Full Body

[Morning Stretches to Start Your Day](#)

WEEK 3

Legs

[Stretch & Lengthen Tight Hamstrings](#)

Balance

[Intermediate Balance Exercises – Part 1](#)

Hands

[Stretch & Strengthen Your Hands](#)

Spine

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

Pain Relief

[Stop, Stand & Stretch!](#)

Cardio

[Exercises to Improve Circulation](#)

WEEK 4

Full Body

[Full Body Balance & Toning Workout](#)

Core

[Tone Your Abs](#)

Upper Body

[Stretches for Gardeners - Upper Body](#)

Mobility

[Posterior Chain Stretches](#)

Performance

[Pain Prevention Workout](#)

Lower Body

[Stretches for Gardeners - Lower Body](#)

WEEK 5

Lower Back

[Workout to Reduce Lower Back Pain](#)

Cardio

[Get Your Heart Rate Up!](#)

Back & Core

[Strengthening Your Back & Obliques](#)

Relaxation

[Slow Down and Stretch Before Bed](#)

Arms

[Strengthen Your Triceps](#)

Flexibility

[How to Increase Flexibility Using Yoga Blocks](#)