



30 Days of Fitness with Cassy

SEPTEMBER

Quickfit
with Cassy

WEEK 1

Knees

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

Balance

[Balance & Strengthen Your Leg Muscles](#)

Shoulders

[Relieve Shoulder & Rotator Cuff Pain](#)

Legs

[Tone Your Glutes and Thighs](#)

Feet

[Beginner's Foot Strengthening Workout](#)

Hips

[Open Up Tight Hip Joints](#)

WEEK 2

Core

[Abdominal Training for Strength & Endurance](#)

Legs

[Leg Exercises for a More Powerful You](#)

Neck

[Loosen Up Your Stiff Neck](#)

Triceps

[Bodyweight Exercises for Your Triceps](#)

Hamstrings

[Strengthen Your Hamstrings](#)

Full Body

[Loosen Every Joint and Move Easier](#)

WEEK 3

Glutes

[Strengthen Lower Back & Glute Muscles](#)

Balance

[Easy Balance Boosters - Seated!](#)

Calves

[Calf and Foot Exercises for Runners](#)

Spine

[Healthy Spine Workout](#)

Hands

[Hand Exercises for Musicians](#)

Cardio

[Low-Impact Cardio Workout](#)

WEEK 4

Full-Body

[Full Body Balance & Toning Workout](#)

Feet

[Foot Exercises for More Energy](#)

Upper Body

[Bone Strengthening Exercises - Upper Body](#)

Mobility

[Deep Squat Workout](#)

Relaxing

[Sleep Well with These Bedtime Stretches](#)

High Energy

[Stretches to Feel Energized and Refreshed](#)

WEEK 5

Upper Body

[Loosen Tight & Painful Shoulders](#)

Cardio

[A High-Energy Chair Workout](#)

Core

[Abdominal Strengthening Workout](#)

Knees

[Stretches to Relieve Knee Pain](#)

Balance

[Beginner Balance Challenge](#)

Full Body

[Gentle Joint Warmup](#)