



30 Days of Fitness with Cassy

AUGUST

Quickfit
with Cassy

WEEK 1

Full Body

[Begin Your Fitness Journey](#)

Balance

[Balance Exercises for Ready Reflexes](#)

Shoulders

[Gentle Exercises for Frozen Shoulder](#)

Low Back

[Core & Lower Back Exercises](#)

Feet

[Foot Care Class](#)

Hips

[Strong Hip Stabilizers](#)

WEEK 2

Core

[Learn to Engage Your Core](#)

Legs

[Powerful Legs & Glutes](#)

Neck

[Relief for a Stiff Neck](#)

Triceps

[Strengthen Your Triceps](#)

Hamstrings

[Stretch & Lengthen Tight Hamstrings](#)

Full Body

[Improve Your Coordination](#)

WEEK 3

Glutes

[Strengthen Your Glutes - Chair Workout](#)

Balance

[Daily Balance Training](#)

Calves

[Build Calf Strength and Flexibility](#)

Thoracic Spine

[Stretches to Improve Poor Posture](#)

Hands

[Relieve Hand Pain & Tone Your Arms](#)

Cardio

[Beginner's Aerobic Workout](#)

WEEK 4

Full-Body

[A 9-Minute Full Body Stretch](#)

Feet

[Foot Strengthening Exercises](#)

Upper Body

[Arm Toning Workout at Home](#)

Mobility

[Get Down to Floor & Back Up with Ease](#)

Relaxing

[Wake Up Glorious - Morning Stretches](#)

High Energy

[A Quick Chair Aerobics Workout](#)

WEEK 5

Upper Body

[Arm Toning Workout at Home](#)

Cardio

[Build Endurance with Light Cardio](#)

Core

[Stretches for a More Flexible Torso](#)

Knees

[Stretch Your Way to Pain-Free Knees](#)

Balance

[Workout to Improve Your Balance](#)

Full Body

[Muscle Conditioning for Powerful Movement](#)