

# JANUARY 2025 POSTURE CALENDAR

For Express classes, choose two of the listed leg **or** glute postures. You must work both in parallel and turn out per section. For LEGS, you must work both in power and flat-footed.

If not certified for Cardio, you will choose the 3rd posture in your leg and glute programs of the opposite orientation based on the two postures provided. For LEGS, make sure your program includes power **and** flat-footed postures.

For GLUTES, your 3rd posture is always a bridge variation.

If teaching Cardio on a non-specified Cardio day, you will teach the two same-oriented postures provided.

(ex. The 2 turnout postures)

Sundays are optional for each studio, so they are instructor choice days!

## THURSDAY, JANUARY 1st - Happy New Year!

LEGS	COMBO	GLUTES
INSTRUCTOR CHOICE!		

## FRIDAY, JANUARY 2nd

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 Power Base Skier	Full Body	Standing Parallel, sides 1 and 2 TRX Inverted Diamond

## SATURDAY, JANUARY 3rd

LEGS	COMBO	GLUTES
Power 4, sides 1 and 2 Plie Squat, center-facing add-ons	Back   Chest	Seated Pretzel, sides 1 and 2 Prone Parallel w/ Ball

## MONDAY, JANUARY 5th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Elevated Power Diamond	Full Body	Angled Head to Barre, sides 1 and 2 TRX Bridge Marches

## TUESDAY, JANUARY 6th - CARDIO

LEGS	COMBO	GLUTES
Sumo Squat Power Diamond	Full Body	Single Leg Glute Bridge, sides 1 and 2

**WEDNESDAY, JANUARY 7th**

LEGS	COMBO	GLUTES
Reverse Chair Power Plie Squat Elevated Power Base	Bicep   Tricep	All Fours, turned out add-ons, sides 1 and 2 Parallel Bridge

**THURSDAY, JANUARY 8th**

LEGS	COMBO	GLUTES
Profile Plie w/ Glider, sides 1 and 2 Power Upright Chair (up on toes)	Full Body	Reverse Split Squat, sides 1 and 2 Sumo Bridge

**FRIDAY, JANUARY 9th**

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Reverse Power Diamond	Back   Shoulders	Side Diamond, sides 1 and 2 Hamstring Bridge

**SATURDAY, JANUARY 10th**

LEGS	COMBO	GLUTES
Power Split Diamond w/ glider, sides 1 and 2 Incline Chair w/ ball	Full Body	Barre Inverted Bridge Diamond Bridge, can use ball under heels TRX Inverted Bridge

**MONDAY, JANUARY 12th**

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base w/ TRX	Chest   Shoulder   Tricep	Crescent Glutes, Sides 1 and 2 Prone Diamond

**TUESDAY, JANUARY 13th - CARDIO**

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2	Full Body	Standing Glute Snappers, sides 1 and 2

**WEDNESDAY, JANUARY 14th**

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Upright Chair w/ ball	Full Body	All Fours Parallel add-ons, sides 1 and 2 *NEW* Sumo Thruster

**THURSDAY, JANUARY 15th**

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Power Diamond Skier	Back   Bicep	Glute Dives, sides 1 and 2 Narrow Glute Bridge

**FRIDAY, JANUARY 16th**

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 TRX Froggers	Full Body	Head to Barre, sides 1 and 2 Diamond Bridge

**SATURDAY, JANUARY 17th**

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 TRX Power Diamond	Bicep   Tricep	TRX Standing Pretzel, sides 1 and 2 Parallel Bridge w/ Gliders

**MONDAY, JANUARY 19th**

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 and 2 Incline Sumo	Full Body	Glute Snappers (mat version) sides 1 and 2 *New Hip Thrusters

**TUESDAY, JANUARY 20th - CARDIO**

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2	Full Body	Standing Parallel, sides 1 and 2

**WEDNESDAY, JANUARY 21st**

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie	Shoulders   Back	Seated Pretzel, sides 1 and 2 Parallel Bridge

**THURSDAY, JANUARY 22nd**

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Reverse Chair	Full Body	NEW TRX Single Leg Bridge, sides 1 and 2 Prone Diamond

**FRIDAY, JANUARY 23rd**

LEGS	COMBO	GLUTES
Power Base Skier Plie squat, center-facing add-ons Incline Chair	Chest   Shoulder   Tricep	Standing Scorpion, sides 1 and 2 TRX Bridge Marches

**SATURDAY, JANUARY 24th**

LEGS	COMBO	GLUTES
Split Sumo w/ Glider, sides 1 and 2 Power Base w/ Ball	Full Body	Reverse Split Squat, sides 1 and 2 Sumo Bridge

**MONDAY, JANUARY 26th**

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 (can elevate inside foot on mat) Elevated Power Base	Back   Bicep	Crescent Glutes, sides 1 and 2 TRX Inverted Diamond

**TUESDAY, JANUARY 27th - CARDIO**

LEGS	COMBO	GLUTES
Upright Chair TRX Froggers	Full Body	All Fours Turned out add-ons, sides 1 and 2

**WEDNESDAY, JANUARY 28th**

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 Power Upright Chair	Full Body	Barre Inverted Bridge Diamond Bridge Prone parallel w/ Ball

**THURSDAY, JANUARY 29th**

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Diamond Skier	Back   Chest	Angled Head to Barre, sides 1 and 2 TRX Inverted Bridge

**FRIDAY, JANUARY 30th**

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base Skier	Full Body	All Fours Parallel add-ons, sides 1 and 2 Sumo Hip Thruster

**SATURDAY, JANUARY 31st**

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 and 2 Incline Sumo	Back   Shoulders	Side Diamond, sides 1 and 2 Hamstring Bridge