

MARCH 2026 POSTURE CALENDAR

*For Express and Cardio classes, you will teach the two same-oriented postures provided.
(ex. The 2 turnout postures) You do not have to include a power posture. For Glutes, this means eliminating the bridge and teaching the unilateral postures.*

Not all postures have cardio add-ons. If a posture on the list is not available in the Cardio library, select an alternative posture with the same orientation.

MONDAY, MARCH 2nd

LEGS	COMBO	GLUTES
Power Chair (any variation) Plie Squat, center-facing add-ons Power Base	Full Body	Glute Snappers (mat version) sides 1 and 2 Hamstring Bridge

TUESDAY, MARCH 3rd

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 TRX Froggers	Back Bicep	Crescent Glutes, sides 1 and 2 Sumo Bridge

WEDNESDAY, MARCH 4th

LEGS	COMBO	GLUTES
TRX Pistol, sides 1 and 2 Power Diamond Skier	Full Body	TRX Standing Pretzel, sides 1 and 2 Hip Thrusters

THURSDAY, MARCH 5th

LEGS	COMBO	GLUTES
Profile Diamond, sides 1 and 2 Upright Chair	Back Chest	TRX Inverted Bridge Diamond Bridge Prone Parallel w/ Ball

FRIDAY, MARCH 6th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Elevated Diamond	Full Body	Seated Pretzel, sides 1 and 2 Narrow Bridge

SATURDAY, MARCH 7th

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base Skier	Bicep Tricep	Head to Barre, sides 1 and 2 Sumo Thruster

SUNDAY, MARCH 8th

LEGS	COMBO	GLUTES
Instructor Choice 2 parallel, 1 turnout	Full body	Instructor Choice 2 turnout, 1 parallel

MONDAY, MARCH 9th

LEGS	COMBO	GLUTES
Reverse Power Diamond, single leg add-ons, sides 1 and 2 (separate postures) Reverse Chair	Shoulders Back	All Fours parallel add-ons, sides 1 and 2 TRX Inverted Diamond

TUESDAY, MARCH 10th

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Power Diamond	Full Body	Standing Scorpion, sides 1 and 2 TRX Bridge Marches

WEDNESDAY, MARCH 11th

LEGS	COMBO	GLUTES
Split Sumo, sides 1 and 2 Elevated Power Base	Chest Shoulder Tricep	Reverse Split Squat, sides 1 and 2 Prone Diamond

THURSDAY, MARCH 12th

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Sumo Squat, center facing add-ons	Full Body	Side Diamond, sides 1 and 2 Parallel Bridge w/ gliders

FRIDAY, MARCH 13th

LEGS	COMBO	GLUTES
Crescent to Plie, sides 1 and 2 Power Chair (any variation)	Back Bicep	Prone Glutes with parallel lifts, sides 1 and 2 Sumo Bridge

SATURDAY, MARCH 14th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie Squat	Full Body	Angled Head to Barre, sides 1 and 2 Parallel Bridge

SUNDAY, MARCH 15th

LEGS	COMBO	GLUTES
Instructor Choice 2 turnout, 1 parallel	Back Chest	Instructor Choice 2 parallel, 1 turnout

MONDAY, FEBRUARY 16th

LEGS	COMBO	GLUTES
TRX Pistol, sides 1 and 2 Elevated Power Diamond	Full Body	All Fours Turned out add-ons, sides 1 and 2 Hamstring Bridge

TUESDAY, MARCH 17th

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Incline Chair	Bicep Tricep	Single Leg Bridge, sides 1 and 2 TRX Inverted Diamond

WEDNESDAY, MARCH 18th

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Diamond Skier	Full Body	Standing Glute Snappers, Sides 1 and 2 Barre Inverted Bridge

THURSDAY, MARCH 19th

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, sides 1 and 2 (cardio add-ons not available) TRX Foggers	Shoulders Back	Standing Angle Glutes (parallel postures) sides 1 and 2 Diamond Bridge

FRIDAY, MARCH 20th

LEGS	COMBO	GLUTES
Reverse Power Base, single leg add-ons, sides 1 and 2 Reverse Upright Sumo	Full Body	Glute Dives (mat version) sides 1 and 2 Hip Thrusters

SATURDAY, MARCH 21st

LEGS	COMBO	GLUTES
Profile Plie, sides 1 and 2 Power Base	Chest Shoulder Tricep	TRX Single Leg Bridge, sides 1 and 2 Prone Diamond

SUNDAY, MARCH 22nd

LEGS	COMBO	GLUTES
Instructor Choice 2 parallel, 1 turnout	Full body	Instructor Choice 2 turnout, 1 parallel

MONDAY, MARCH 23rd

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Upright Chair	Back Bicep	Standing Parallel, sides 1 and 2 Sumo Thruster

TUESDAY, MARCH 24th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 (cardio add-ons not available) Power Diamond	Full Body	Standing Pretzel, sides 1 and 2 TRX Inverted Bridge

WEDNESDAY, MARCH 25th

LEGS	COMBO	GLUTES
Curtisies, sides 1 and 2 Power Base Skier	Back Chest	All Fours, Parallel Add-ons, sides 1 and 2 Sumo Bridge

THURSDAY, MARCH 26th

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Incline Sumo	Full Body	Side-lying glutes, sides 1 and 2 Prone Parallel w/ Ball

FRIDAY, MARCH 27th

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 Elevated Power Base	Bicep Tricep	Head to Barre, sides 1 and 2 TRX Inverted Diamond

SATURDAY, MARCH 28th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Power Plie	Full Body	Standing Scorpion, sides 1 and 2 Narrow Bridge

SUNDAY, MARCH 29th

LEGS	COMBO	GLUTES
Instructor Choice 2 turnout, 1 parallel	Shoulders Back	Instructor Choice 2 parallel, 1 turnout

MONDAY, MARCH 30th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Reverse Power Diamond	Full Body	Kneeling Pretzel, sides 1 and 2 TRX Bridge Marches

TUESDAY, MARCH 31st

LEGS	COMBO	GLUTES
Split Sumo, sides 1 and 2 Power Chair (any)	Chest Shoulder Tricep	Reverse Split Squat, sides 1 and 2 (cardio add-ons not available) Diamond Bridge