

## JULY 2024 POSTURE CALENDAR

*\*\*\*For an Express class, choose two of the leg postures or two glutes - these can include the 'Express Options' on the portal. When choosing two legs or glutes postures, ensure you work both in parallel and turn out. Refresh yourself with the Express guidelines on the portal. If you need suggestions, reach out to Kristin Taylor, Kaitlyn Bentley, or your manager/owner at your home studio!*

### JULY 1, MONDAY

LEGS	COMBO	GLUTES
TRX Pistol Squats, side 1 and 2 Elevated Power Diamond	Back / Chest	All Fours, Turned out Add-ons, side 1 and 2 Parallel Bridge

### JULY 2, TUESDAY - CARDIO

LEGS	COMBO	GLUTES
Profile Plie, side 1 and 2	Full Body	Crescent Glutes, side 1 and 2

### JULY 3, WEDNESDAY

LEGS	COMBO	GLUTES
Power Base Skier, any variation TRX Incline Sumo TRX Froggers	Shoulders	Standing Pretzel side 1 and 2 Barre Inverted Bridge

### JULY 4, THURSDAY - HAPPY 4TH OF JULY! CLOSED!

### JULY 5, FRIDAY

LEGS	COMBO	GLUTES
Reverse Power Diamond w/ Single Leg lift add-ons, side 1 and 2 Reverse Chair	Full Body	Piriformis Bridge, Side 1 and 2 Sumo Bridge (with hip rock add-ons to vary up the movements) *avoid core exercises flat on your back*

### JULY 6, SATURDAY

LEGS	COMBO	GLUTES
Horse Pose w/ glider, side 1 and 2 Power Diamond w/ TRX	Back / Bicep	Glute Snappers (mat), side 1 and 2 Prone Parallel w/ Ball

**JULY 8, MONDAY**

LEGS	COMBO	GLUTES
Power Base w/ Ball Reverse Upright Sumo Power Incline Chair	Chest / Shoulders/ Triceps	Angled Crescent Glutes, side 1 and 2 TRX Bridge Marches

**JULY 9, TUESDAY - CARDIO**

LEGS	COMBO	GLUTES
Split Power Diamond, side 1 and 2	Full Body	All Fours w/ Parallel Add-ons, side 1 and 2

**JULY 10, WEDNESDAY**

LEGS	COMBO	GLUTES
Chair to Horse Pose, side 1 and 2 TRX Power Diamond Skier	Bicep / Tricep	Side Lying Glutes, side 1 and 2 Hamstring Bridge

**JULY 11, THURSDAY**

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, side 1 and 2 Elevated Power Base	Full Body	Standing Parallel, side 1 and 2, can use TRX in hands Prone Diamond

**JULY 12, FRIDAY**

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg lift add-ons, side 1 and 2 Center-facing Sumo Squat	Back / Chest	Angled Head to Barre, side 1 and 2 Parallel Bridge w/ Gliders

**JULY 13, SATURDAY**

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Upright Chair Squat	Full Body	Prone Glutes w/ Parallel lifts, side 1 and 2 Diamond Bridge

**JULY 15, MONDAY**

LEGS	COMBO	GLUTES
Curtsies w/ TRX, side 1 and 2 Power Base Skier w/ TRX	Full Body	Standing Angle (Parallel posture), side 1 and 2 Sumo Bridge

**JULY 16, TUESDAY - CARDIO**

LEGS	COMBO	GLUTES
Power 4, side 1 and 2	Full Body	Standing Glute Snappers, side 1 and 2

**JULY 17, WEDNESDAY**

LEGS	COMBO	GLUTES
Reverse Power Sumo Incline Chair w/ ball Elevated Power Diamond	Shoulders	Head to Barre, side 1 and 2 Prone Diamond

**JULY 18, THURSDAY**

LEGS	COMBO	GLUTES
Upright Crescent Lunge w/ glider, side 1 and 2 Power Diamond w/ Ball	Full Body	Glute Dives (mat) , side 1 and 2 Narrow Bridge

**JULY 19, FRIDAY**

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, side 1 and 2 TRX Froggers	Back / Bicep	Crescent Glutes, side 1 and 2 Diamond Bridge, can use ball under heels

**JULY 20, SATURDAY**

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond Skier, can use ball	Full Body	Standing Scorpion, side 1 and 2 Parallel Bridge

**JULY 22, MONDAY**

LEGS	COMBO	GLUTES
TRX Power Base Center-facing Plie Reverse Power Chair	Chest / Shoulders/ Triceps	Seated Pretzel, side 1 and 2 Prone Parallel w/ Ball

**JULY 23, TUESDAY - CARDIO**

LEGS	COMBO	GLUTES
Horse Pose, side 1 and 2	Full Body	All 4's Turnout add-ons, side 1 and 2

**JULY 24, WEDNESDAY**

LEGS	COMBO	GLUTES
Plie to Crescent Lunge, side 1 and 2 Elevated Power Base	Full Body	Standing Parallel Glutes, can use Ball, side 1 and 2 Sumo Bridge

**JULY 25, THURSDAY**

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg lift add-ons, side 1 and 2 Incline Sumo	Bicep / Tricep	Standing Pretzel, side 1 and 2 Hamstring Bridge

**JULY 26, FRIDAY**

LEGS	COMBO	GLUTES
Split Power Diamond, any variation, side 1 and 2 Upright Chair w/ ball	Full Body	Piriformis Bridge, Side 1 and 2 Diamond Bridge (with hip rock add-ons to vary up the movements) *avoid core exercises flat on your back*

**JULY 27, SATURDAY**

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 and 2 Power Plie	Back / Chest	Glute Snappers (mat), side 1 and 2 Parallel Bridge w/ Glider

**JULY 29, MONDAY**

LEGS	COMBO	GLUTES
Power 4, any variation, side 1 and 2 Reverse Upright Sumo	Shoulders	Angled Crescent Glutes, side 1 and 2 Barre Inverted Bridge

**JULY 30, TUESDAY-CARDIO**

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, side 1 and 2	Full Body	Head to Barre, side 1 and 2

**JULY 31, WEDNESDAY**

LEGS	COMBO	GLUTES
Chair to Horse, side 1 and 2 Power Diamond, any variation	Full Body	Standing Glute Snappers, side 1 and 2 TRX Bridge Marches