

APRIL 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!*

APRIL 1, MONDAY

LEGS	COMBO	GLUTES
TRX Power Diamond Skier TRX Incline Chair Elevated Power Diamond	Full Body	Single Leg Bridge, side 1 and 2 Prone Diamond

APRIL 2, TUESDAY

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Reverse Power Diamond, any add-ons	Bicep / Tricep	Angled Head to Barre Narrow Glute Bridge

APRIL 3, WEDNESDAY

LEGS	COMBO	GLUTES
Profile Plie Squat w/ Glider, side 1 and 2 Power Base w/ Ball at thighs	Full Body	Standing Parallel Glutes, can use TRX in hands, side 1 and 2 Diamond Bridge

APRIL 4, THURSDAY

LEGS	COMBO	GLUTES
Elevated Power Base Incline Sumo Reverse Power Base w/ Leg Lift Add-Ons	Back / Chest	Glute snappers, side 1 and 2 Hamstring Bridge

APRIL 5, FRIDAY

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Reverse Chair	Full Body	Prone Glutes, side 1 and 2 Sumo Bridge

APRIL 6, SATURDAY

LEGS	COMBO	GLUTES
Horse Pose w/ Ball or Glider, side 1 and 2 Power Plie Squat	Shoulders	Standing Pretzel, side 1 and 2 TRX Inverted Bridge

APRIL 8, MONDAY

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 and 2 Power Diamond, can use ball	Back / Bicep	Side-lying Glutes, side 1 and 2 Parallel Bridge

APRIL 9, TUESDAY

LEGS	COMBO	GLUTES
NEW Side Lunge w/ Ball, side 1 and 2 Power Base Skier, can use TRX	Full Body	Head to Barre, side 1 and 2 Diamond Bridge, can use ball under heels

APRIL 10, WEDNESDAY

LEGS	COMBO	GLUTES
Power Four, can use TRX facing the barre Reverse Upright Sumo	Chest / Tricep / Shoulders	Glute Dives, side 1 and 2 Parallel Bridge w/ Gliders

APRIL 11, THURSDAY

LEGS	COMBO	GLUTES
Curtsies, side 1 and 2 TRX Froggers	Full Body	TRX Marches Sumo Bridge Prone Parallel w/ Ball

APRIL 12, FRIDAY

LEGS	COMBO	GLUTES
Upright Crescent Lunge, side 1 and 2 Elevated Power Diamond	Bicep / Tricep	Standing Scorpion, side 1 and 2 Narrow Glute Bridge

APRIL 13, SATURDAY

LEGS	COMBO	GLUTES
TRX Split Power Diamond, side 1 and 2 Upright Chair	Full Body	Crescent Glutes, side 1 and 2 Prone Diamond

APRIL 15, MONDAY

LEGS	COMBO	GLUTES
Profile Plie, with horse to Plie add-on, side 1 and 2 Power Base w/ TRX	Full Body	Standing Parallel Glutes, side 1 and 2 Diamond Glute Bridge

APRIL 16, TUESDAY

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond Skier	Back / Chest	Seated Pretzel, side 1 and 2 Hamstring Bridge

APRIL 17, WEDNESDAY

LEGS	COMBO	GLUTES
Power Plie Incline Chair Reverse Power Diamond, leg lift add-ons, side 1 and 2	Full Body	All 4's w/ Parallel add-ons, side 1 and 2 Prone Diamond

APRIL 18, THURSDAY

LEGS	COMBO	GLUTES
Horse Pose, w/ chair to horse add-on, side 1 and 2 TRX Power Diamond	Shoulders	Angled Crescent Glutes, side 1 and 2 Inverted TRX Bridge

APRIL 19, FRIDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, side 1 and 2 Reverse Power Base	Full Body	Head to Barre, side 1 and 2 Sumo Bridge

APRIL 20, SATURDAY

LEGS	COMBO	GLUTES
Power 4, Profile with Ball, side 1 and 2 Plie Squat w/ ball at stations	Back / Biceps	All 4's w/ Turn Out Add-ons, side 1 and 2 Parallel Bridge

APRIL 22, MONDAY

LEGS	COMBO	GLUTES
TRX Pistol Squats Power Reverse Sumo	Chest / Tricep / Shoulders	Angled Head to Barre, side 1 and 2 Parallel Bridge w/ Gliders

APRIL 23, TUESDAY

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Upright Chair, w/ ball at thighs	Full Body	Single Leg Bridge, side 1 and 2 Diamond Bridge

APRIL 24, WEDNESDAY

LEGS	COMBO	GLUTES
Power Base Skier Sumo facing Center of Room TRX Froggers	Bicep / Tricep	Glute Snappers, side 1 and 2 Prone Parallel w/ Ball

APRIL 25, THURSDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, side 1 and 2 Elevated power Base	Full Body	Crescent Glutes, side 1 and 2 Sumo Bridge

APRIL 26, FRIDAY

LEGS	COMBO	GLUTES
Upright Crescent Lunge, w/ Glider, Side 1 and 2 Reverse Power Sumo	Back / Chest	TRX Standing Pretzel, side 1 and 2 TRX Bridge Marches

APRIL 27, SATURDAY

LEGS	COMBO	GLUTES
Split Power Diamond, profile add-ons, side 1 and 2 Reverse Chair	Full Body	All 4's Parallel add-ons, side 1 and 2 Prone Diamond

APRIL 29, MONDAY

LEGS	COMBO	GLUTES
Curtsies w/ Gliders, side 1 and 2 Power Base, any variation	Full Body	Standing Parallel Glutes, side 1 and 2 Diamond Bridge

APRIL 30, TUESDAY

LEGS	COMBO	GLUTES
Power 4, any variation, side 1 and 2 Reverse Sumo	Shoulders	Side Lying Glutes, side 1 and 2 Narrow Bridge