

# APRIL 2026 POSTURE CALENDAR

*For Express 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.*

## WEDNESDAY, APRIL 1st

LEGS	COMBO	GLUTES
Reverse Power Base, single leg add-ons, sides 1 and 2 Plie Squat, center-facing add-ons	Full Body	Glute Snappers (mat version) sides 1 and 2 Parallel Bridge w/ Gliders

## THURSDAY, APRIL 2nd

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 TRX Froggers	Back   Bicep	Standing Angle Glutes (parallel postures) sides 1 and 2 Prone Diamond

## FRIDAY, APRIL 3rd

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Elevated Power Diamond	Full Body	Angled Crescent Glutes, sides 1 and 2 Barre Inverted Bridge

## SATURDAY, APRIL 4th

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Reverse Chair	Back   Chest	Single Leg Bridge, sides 1 and 2 Sumo Thruster

## SUNDAY, APRIL 5th

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

**MONDAY, APRIL 6th**

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base	Bicep   Tricep	Standing Parallel, sides 1 and 2 Sumo Bridge

**TUESDAY, APRIL 7th**

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Sumo Squat, ball in hand add-ons	Full body	Seated Pretzel, sides 1 and 2 Parallel Bridge w/ Weights

**WEDNESDAY, APRIL 8th**

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, sides 1 and 2 Power Base Skier	Shoulders   Back	Crescent Glutes, sides 1 and 2 TRX inverted Diamond

**THURSDAY, APRIL 9th**

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Diamond Skier	Full Body	TRX Standing pretzel, sides 1 and 2 Hamstring Bridge

**FRIDAY, APRIL 10th**

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Incline Chair	Chest   Shoulder   Tricep	Prone Glutes with parallel lifts, sides 1 and 2 Diamond Bridge