

FEBRUARY 2026 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!

MONDAY, FEBRUARY 2nd

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Elevated Power Diamond	Full Body	Standing Pretzel, sides 1 and 2 Narrow Glute Bridge

TUESDAY, FEBRUARY 3rd - CARDIO

LEGS	COMBO	GLUTES
Plie to Crescent, sides 1 and 2	Full Body	Standing Angle Glutes (parallel postures) sides 1 and 2

WEDNESDAY, FEBRUARY 4th

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Reverse Upright Sumo	Chest Shoulder Tricep	Side-lying Glutes, sides 1 and 2 Parallel Bridge w/ Gliders

THURSDAY, FEBRUARY 5th

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, sides 1 and 2 TRX Froggers	Full Body	Prone Glutes w/ parallel lifts, sides 1 and 2 Sumo Glute Bridge

FRIDAY, FEBRUARY 6th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Reverse Power Diamond	Back Bicep	Angled Crescent Glutes, sides 1 and 2 Hip Thruster

SATURDAY, FEBRUARY 7th

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Reverse Chair	Full Body	Head to Barre, sides 1 and 2 TRX Inverted Diamond

MONDAY, FEBRUARY 9th

LEGS	COMBO	GLUTES
Profile Plie Squat, inside foot on stakt mat, sides 1 and 2 Elevated Power Base	Back Chest	TRX Single Leg Bridge, sides 1 and 2 Prone Diamond

TUESDAY, FEBRUARY 10th - CARDIO

LEGS	COMBO	GLUTES
Chair Squat (any) Reverse Power Base	Full Body	Standing Glute Snappers

WEDNESDAY, FEBRUARY 11th

LEGS	COMBO	GLUTES
Curtseys, sides 1 and 2 Power Base Skier	Full Body	Reverse Split Squat, sides 1 and 2 Diamond Glute Bridge

THURSDAY, FEBRUARY 12th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 TRX Power Diamond	Bicep Tricep	Glute Dives (mat version) sides 1 and 2 Parallel Bridge

FRIDAY, FEBRUARY 13th

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Incline Chair w/ ball	Full Body	All Fours parallel add-ons, sides 1 and 2 Sumo Thruster

SATURDAY, FEBRUARY 14th

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Plie	Shoulders + Back	TRX Standing Pretzel, sides 1 and 2 TRX Bridge Marches

MONDAY, FEBRUARY 16th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Diamond Skier	Full Body	Kneeling Pretzel, sides 1 and 2 Prone Parallel w/ Ball

TUESDAY, FEBRUARY 17th - CARDIO

LEGS	COMBO	GLUTES
Split Sumo, sides 1 and 2	Full Body	Single Leg Glute Bridge, sides 1 and 2

WEDNESDAY, FEBRUARY 18th

LEGS	COMBO	GLUTES
Upright Chair squat, can be in Power Incline Sumo Power Base	Back Bicep	Standing Scorpion, sides 1 and 2 Barre Inverted Bridge

THURSDAY, FEBRUARY 19th

LEGS	COMBO	GLUTES
Plie to Crescent, sides 1 and 2 TRX Froggers	Full Body	Head to Barre, sides 1 and 2 Sumo Glute Bridge

FRIDAY, FEBRUARY 20th

LEGS	COMBO	GLUTES
TRX Pistol, sides 1 and 2 Reverse Power Diamond	Back Chest	Glute Dives (mat version) sides 1 and 2 Parallel Bridge w/ Gliders

SATURDAY, FEBRUARY 21st

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Incline Chair	Full Body	Prone Glutes w/ parallel lifts, sides 1 and 2 Sumo Thruster

MONDAY, FEBRUARY 23rd

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, sides 1 and 2 Reverse Power Base	Bicep Tricep	Reverse Split Squat, sides 1 and 2 TRX Inverted Diamond

TUESDAY, FEBRUARY 24th - CARDIO

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2	Full Body	Side-lying Glutes, sides 1 and 2

WEDNESDAY, FEBRUARY 25th

LEGS	COMBO	GLUTES
Profile Plie Squat, sides 1 and 2 Power Base Skier	Full Body	TRX Single Leg Bridge, sides 1 and 2 Diamond Bridge

THURSDAY, FEBRUARY 26th

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Incline Sumo	Shoulders Chest	Angled Crescent Glutes, sides 1 and 2 Parallel Bridge

FRIDAY, FEBRUARY 27th

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2 Elevated Power Base	Full Body	Standing Angle Glutes (parallel postures) sides 1 and 2 Prone Diamond

SATURDAY, FEBRUARY 28th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie	Chest Shoulder Tricep	Kneeling Pretzel, sides 1 and 2 Barre Inverted Bridge