

# 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
Curtsies, 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