

# JULY 2025 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!*

## TUESDAY, JULY 1st - CARDIO

LEGS	COMBO	GLUTES
Incline Chair TRX Froggers	Full Body	Standing Glute Snappers, sides 1 and 2

## WEDNESDAY, JULY 2nd

LEGS	COMBO	GLUTES
Side Lunge w/ glider, sides 1 and 2 Any chair pose in a power position (set up on toes)	Full Body	Single Leg Bridge, sides 1 and 2 Prone Diamond w/ Ball

## THURSDAY, JULY 3rd

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 + 2 Sumo, center-facing add-ons	Shoulders	Seated Pretzel, sides 1 and 2 Parallel Bridge w/ Gliders

## FRIDAY, JULY 4th - 4TH OF JULY!

LEGS	COMBO	GLUTES
INSTRUCTOR CHOICE	INSTRUCTOR CHOICE	INSTRUCTOR CHOICE

## SATURDAY, JULY 5th

LEGS	COMBO	GLUTES
Profile Power Diamond w/ Glider, sides 1 and 2 Reverse Chair	Chest   Shoulder   Tricep	Standing Angle (Parallel posture), sides 1 and 2 Sumo Glute Bridge w/ weights

**MONDAY, JULY 7th**

LEGS	COMBO	GLUTES
TRX Plie squat, sides 1 and 2 Elevated Power Base	Full Body	TRX Bridges TRX Inverted Diamond Prone Parallel w/ ball

**TUESDAY, JULY 8th - CARDIO**

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2	Full Body	Side-lying Glutes, sides 1 and 2

**WEDNESDAY, JULY 9th**

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1+2 Upright Chair w/ Ball	Back   Bicep	Head to Barre, sides 1 and 2 Diamond Bridge

**THURSDAY, JULY 10th**

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie	Full Body	Angled Crescent Glutes, sides 1 and 2 Narrow Bridge

**FRIDAY, JULY 11th**

LEGS	COMBO	GLUTES
Crescent to Plie, sides 1 and 2 Power Base	Bicep   Tricep	Prone Glutes w/ Single lifts, sides 1 and 2 Sumo Bridge

**SATURDAY, JULY 12th**

LEGS	COMBO	GLUTES
Horse Pose, Sides 1 and 2 Power Diamond Skier	Full Body	All Fours w/ turned out add-ons, sides 1 and 2 Parallel Bridge

**MONDAY, JULY 14th**

LEGS	COMBO	GLUTES
TRX Pistols, sides 1 and 2 Elevated Power Diamond	Shoulders	Standing Pretzel, sides 1 and 2 TRX Inverted Bridge

**TUESDAY, JULY 15th - CARDIO**

LEGS	COMBO	GLUTES
Split Sumo, sides 1 and 2	Full Body	All Fours w/ Parallel Add-ons, sides 1 and 2

**WEDNESDAY, JULY 16th**

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Diamond	Full Body	Glute Dives, sides 1 and 2 Hamstring Bridge

**THURSDAY, JULY 17th**

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 TRX Froggers	Back   Chest	Standing Angle (Parallel posture), sides 1 and 2 Prone Diamond

**FRIDAY, JULY 18th**

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 + 2 Incline Sumo	Full Body	Standing Glute Snappers, sides 1 and 2 **MASTER INSTRUCTORS - New Side Kneeling Glutes, sides 1 and 2** Parallel Bridge w/ Gliders

**SATURDAY, JULY 19th**

LEGS	COMBO	GLUTES
Profile Power Diamond w/ Ball*, sides 1 and 2 Incline Chair	Chest   Shoulder   Tricep	Single Leg Bridge, sides 1 and 2 TRX Inverted Diamond

**MONDAY, JULY 21st**

LEGS	COMBO	GLUTES
Side Lunge w/ glider, sides 1 and 2 Elevated Power Base	Full Body	Head to Barre, sides 1 and 2 Diamond Bridge

**TUESDAY, JULY 22nd -CARDIO**

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2	Full Body	Standing Pretzel, sides 1 and 2

**WEDNESDAY, JULY 23rd**

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Any chair pose in a power position (set up on toes)	Back   Bicep	TRX Bridges Sumo Bridge Prone Parallel w/ ball

**THURSDAY, JULY 24th**

LEGS	COMBO	GLUTES
Power Four w/ TRX, sides 1 and 2 Sumo center facing add-ons	Full Body	Seated Pretzel, sides 1 and 2 Narrow Bridge

**FRIDAY, JULY 25th**

LEGS	COMBO	GLUTES
Split Power Diamond w/ ball, sides 1 and 2 Reverse Chair	Shoulders	Standing Parallel, sides 1 and 2 Prone Diamond w/ Ball

**SATURDAY, JULY 26th**

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie	Full Body	Angled Crescent Glutes, sides 1 and 2 Parallel Bridge w/ weights

**MONDAY, JULY 28th**

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Diamond Skier	Bicep   Tricep	Side-Lying Glutes, sides 1 and 2 Hamstring Bridge

**TUESDAY, JULY 29th-CARDIO**

LEGS	COMBO	GLUTES
Crescent to Plie, sides 1 and 2	Full Body	Standing Angle (Parallel posture), sides 1 and 2

**WEDNESDAY, JULY 30th**

LEGS	COMBO	GLUTES
Upright Chair w/ Ball Elevated Power Diamond Power Base	Full Body	Glutes Dives, sides 1 and 2 (can do at stations) TRX Inverted Bridge

**THURSDAY, JULY 31st**

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2 Power Base Skier	Back   Chest	All Fours, sides 1 and 2 TRX Inverted Diamond