

## AUGUST 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!*

### FRIDAY - AUGUST 1ST

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Power Diamond w/ ball	Full Body	Glute Snappers (mat version) sides 1 and 2 Parallel Bridge w/ gliders

### SATURDAY - AUGUST 2nd

LEGS	COMBO	GLUTES
Reverse Power Diamond w/ Single Leg add-ons, sides 1 + 2 Incline Chair	Back   Bicep	Crescent Glutes, sides 1 and 2 Diamond Bridge

### MONDAY - AUGUST 4th

LEGS	COMBO	GLUTES
Profile Plie, sides 1 and 2 TRX Froggers	Full Body	Barre Inverted Bridge Sumo Bridge TRX Bridge Marches

### TUESDAY - AUGUST 5th - CARDIO

LEGS	COMBO	GLUTES
Reverse Power Base Chair Pose (any)	Full Body	Standing Scorpion, sides 1 and 2

### WEDNESDAY - AUGUST 6th

LEGS	COMBO	GLUTES
Split Sumo, any, sides 1 and 2 Elevated Power Base	Chest   Shoulder   Tricep	Standing Parallel, sides 1 and 2 TRX Inverted Diamond

**THURSDAY - AUGUST 7th**

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

**FRIDAY - AUGUST 8th**

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Reverse Chair	Bicep   Tricep	Piriformis Bridge, sides 1 and 2 Diamond Bridge w/ feet on ball <i>*avoid core exercises flat on your back after</i>

**SATURDAY - AUGUST 9th**

LEGS	COMBO	GLUTES
Power Four w/ Glider, sides 1 and 2 Plie Squat (facing center of room add-ons)	Full Body	TRX Standing Pretzel, sides 1 and 2 Narrow Bridge

**MONDAY - AUGUST 11th**

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Elevated Power Diamond	Shoulders	Seated Pretzel, sides 1 and 2 *Master Instructors - Kneeling Pretzel* Parallel Bridge w/ weights

**TUESDAY - AUGUST 12th - CARDIO**

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2	Full Body	Head to Barre, sides 1 and 2

**WEDNESDAY - AUGUST 13th**

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Diamond Skier w/ TRX	Full Body	Standing Glute Snappers, sides 1 and 2 TRX Inverted Bridge

**THURSDAY - AUGUST 14th**

LEGS	COMBO	GLUTES
Split Power Diamond, sides 1 and 2 Upright Chair w/ Ball	Chest   Shoulder   Tricep	Prone Glutes w/ Parallel lifts, sides 1 and 2 Sumo Bridge

**FRIDAY - AUGUST 15th**

LEGS	COMBO	GLUTES
Power Base Skier Incline Sumo TRX Froggers	Full Body	Side-lying glutes, sides 1 and 2 Hamstring Bridge

**SATURDAY - AUGUST 16th**

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 Power Base	Back   Chest	All Fours, Parallel add-ons, sides 1 and 2 Prone Diamond w/ Ball

**MONDAY - AUGUST 18th**

LEGS	COMBO	GLUTES
Reverse Power Diamond w/ Single Leg add-ons, sides 1 + 2 Reverse Chair	Full Body	Crescent Glutes, sides 1 and 2 TRX Inverted Diamond

**TUESDAY - AUGUST 19th - CARDIO**

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2	Full Body	Standing Scorpion, sides 1 and 2

**WEDNESDAY - AUGUST 20th**

LEGS	COMBO	GLUTES
Profile Plie, sides 1 and 2 Any Chair Squat in Power (on toes)	Back   Bicep	Barre Inverted Bridge Prone Diamond w/ Ball Parallel Bridge w/ Gliders

**THURSDAY - AUGUST 21st**

LEGS	COMBO	GLUTES
Power 4 w/ TRX, sides 1 and 2 Incline Sumo	Full Body	Glute Snappers (mat version) sides 1 and 2 Narrow Bridge

**FRIDAY - AUGUST 22nd**

LEGS	COMBO	GLUTES
Profile Power Diamond w/ glider, sides 1 and 2 Incline Chair	Shoulders	Standing Parallel Glutes, sides 1 and 2 Diamond Bridge

**SATURDAY - AUGUST 23rd**

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Power Diamond	Full Body	TRX Standing Pretzel, sides 1 and 2 TRX Bridge Marches

**MONDAY - AUGUST 25th**

LEGS	COMBO	GLUTES
TRX Pistol Squats, sides 1 and 2 Power Plie	Bicep   Tricep	All Fours turned out add-ons, sides 1 and 2 Parallel Bridge w/ weights

**TUESDAY - AUGUST 26th - CARDIO**

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

**WEDNESDAY - AUGUST 27th**

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 + 2 Plie Squat (facing center of room add-ons)	Full Body	Standing Glute Snappers, sides 1 and 2 Prone Parallel w/ Ball

**THURSDAY - AUGUST 28th**

LEGS	COMBO	GLUTES
Split Sumo w/ Glider, sides 1 and 2 Power Base Skier	Back   Chest	Head to Barre, sides 1 and 2 Sumo Bridge

**FRIDAY - AUGUST 29th**

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Diamond Skier	Full Body	Seated Pretzel, sides 1 and 2 Hamstring Bridge

**SATURDAY - AUGUST 30th**

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 Power Base	Shoulders	Prone Glutes w/ Parallel Lifts, sides 1 and 2 TRX Inverted Diamond