

# FEBRUARY 2024 LEGS & GLUTES CALENDAR

*\*\*\*For an Express class, choose two of the leg postures or two glutes - these can include the 'Express Options' on the portal. When choosing two legs or glutes postures, ensure you work both in parallel and turn out. Refresh yourself with the Express guidelines on the portal. If you need suggestions, reach out to Kristin Taylor, Kaitlyn Bentley, or your manager/owner at your home studio!*

## **FEBRUARY 1, THURSDAY**

### **LEGS**

Power Four with Glider, side 1 and 2

Reverse Upright Sumo

### **GLUTES**

Side-Lying Glutes, side 1 and 2

Narrow glute bridge

## **FEBRUARY 2, FRIDAY**

### **LEGS**

Crescent to Plie\*\*Primarily in Plie Squat, side 1 and 2

Power Base, can use TRX or ball at thighs

### **GLUTES**

Head to Barre, side 1 and 2

Sumo Glute Bridge

## **FEBRUARY 3, SATURDAY**

### **LEGS**

TRX Split Squat, side 1 and 2

Power Diamond Skier

### **GLUTES**

TRX Standing Pretzel, side 1 and 2

TRX Inverted Bridge

## **FEBRUARY 5, MONDAY**

### **LEGS**

Reverse Power Base with leg lift + bend/press add-ons

Plie Squat w/ Ball, facing center at stations

TRX Froggers

### **GLUTES**

Seated Pretzel, side 1 and 2

Hamstring Bridge

## FEBRUARY 6, TUESDAY

### LEGS

Elevated Power Diamond  
TRX Incline Chair Squat  
Power Plie Squat

### GLUTES

Prone Glutes w/ Parallel Lifts side 1 and 2 (bend/press, circles, ham curls, heel presses)  
Diamond Glute Bridge

## FEBRUARY 7, WEDNESDAY

### LEGS

Horse Pose, side 1 and 2 ***TOWN + AUBURN STUDIOS - Do not use with gliders, our newest trainees are teaching this posture all month***  
Reverse Power Diamond

### GLUTES

Angled Head to Barre, side 1 and 2  
Parallel Glute Bridge, any add-ons

## FEBRUARY 8, THURSDAY

### LEGS

Side Lunge with Glider, side 1 and 2 (if full class doesn't permit, plie squat w/ glider)  
Power Base Skier, can use ball or TRX

### GLUTES

Standing Glutes with parallel options, can use the ball at knee or can use TRX in hands, side 1 and 2  
Prone Diamond

## FEBRUARY 9, FRIDAY

### LEGS

Upright Crescent with Glider, side 1 and 2  
Reverse Power Sumo

### GLUTES

Glute Snappers on Mat, side 1 and 2  
Parallel Bridge with Gliders

## FEBRUARY 10, SATURDAY

### LEGS

Profile Power Diamond, side 1 and 2  
Upright Chair, can use ball at thighs

### GLUTES

All 4's Parallel Options (see updated add-ons), side 1 and 2  
Sumo Glute Bridge

## **FEBRUARY 12, MONDAY**

### **LEGS**

Curtsies, any variation, side 1 and 2  
Elevated Power Base

### **GLUTES**

Crescent Glutes, side 1 and 2  
Diamond Glute Bridge

## **FEBRUARY 13, TUESDAY**

### **LEGS**

Power 4, can use TRX or Ball in Profile, side 1 and 2  
TRX Incline Sumo

### **GLUTES**

Standing Scorpion, side 1 and 2  
TRX Bridge Marches

## **FEBRUARY 14, WEDNESDAY**

♥HAPPY VALENTINES DAY♥

### **LEGS**

Power Split Diamond, side 1 and 2  
Reverse Upright Chair

### **GLUTES**

Single Leg Bridge, side 1 and 2  
Prone Diamond

## **FEBRUARY 15, THURSDAY**

### **LEGS**

Pistol Squat with TRX, side 1 and 2  
Power Diamond, can use ball or TRX

### **GLUTES**

Glute Dives, side 1 and 2  
Prone Parallel with Ball

## **FEBRUARY 16, FRIDAY**

### **LEGS**

Profile Plie Squat, any variation, side 1 and 2  
Power Base with Ball, can use TRX

### **GLUTES**

Head to Barre, side 1 and 2  
Sumo Glute Bridge

## **FEBRUARY 17, SATURDAY**

### **LEGS**

Reverse Power Base, Leg lift + Bend press add-ons  
Reverse Upright Sumo  
TRX Froggers

### **GLUTES**

Standing Pretzel, side 1 and 2  
Narrow Glute Bridge

## **FEBRUARY 19, MONDAY**

### **LEGS**

Upright Crescent Lunge, can use glider, side 1 and 2  
Power Diamond Skier, can use TRX

### **GLUTES**

Side Lying Glutes, side 1 and 2  
Hamstring Bridge

## **FEBRUARY 20, TUESDAY**

### **LEGS**

Elevated Power Diamond  
Incline Chair Squat, can use TRX, can also do in power position  
Plie Squat w/ Ball, facing center at stations

### **GLUTES**

TRX Inverted Bridge  
Diamond Glute Bridge  
Prone Parallel with Ball

## **FEBRUARY 21, WEDNESDAY**

### **LEGS**

TRX Split Squat, side 1 and 2  
Reverse Power Diamond

### **GLUTES**

Angled Head to Barre, side 1 and 2  
Parallel Bridge with ball at thighs

## **FEBRUARY 22, THURSDAY**

### **LEGS**

Side Lunge with Glider, side 1 and 2 (if full class doesn't permit, plie squat w/ glider)  
Power Base Skier, Can use TRX

### **GLUTES**

Standing Glutes with parallel options, can use the ball at knee or can use TRX in hands, side 1 and 2  
Prone Diamond

## FEBRUARY 23, FRIDAY

### LEGS

Power Base Skier, can use TRX  
Incline Sumo, can use TRX  
Elevated Power Base

### GLUTES

Seated Pretzel, side 1 and 2  
Parallel Bridge with Gliders

## FEBRUARY 24, SATURDAY

### LEGS

Profile Power Diamond, can use glider, side 1 and 2  
Upright Chair, can use ball at thighs

### GLUTES

Prone Glutes with parallel lifts (bend+press, ham curls, heel presses) side 1 and 2  
Sumo Bridge

## FEBRUARY 26, MONDAY

### LEGS

Curtsies, any variation, side 1 and 2  
Power Base, can use ball or TRX

### GLUTES

Crescent Glutes, side 1 and 2  
Diamond Glute Bridge

## FEBRUARY 27, TUESDAY

### LEGS

Horse Pose, side 1 and 2 **TOWN + AUBURN STUDIOS - Do not use with gliders, our newest trainees are teaching this posture all month**  
Power Plie Squat

### GLUTES

TRX Standing Pretzel, side 1 and 2  
TRX Bridge Marches

## FEBRUARY 28, WEDNESDAY

### LEGS

Power Split Diamond, any variation, side 1 and 2  
Reverse Chair Squat

### GLUTES

All Fours Parallel Add-ons, side 1 and 2  
Sumo Glute Bridge

**FEBRUARY 29, THURSDAY**

**LEGS**

TRX Pistol Squats, side 1 and 2

Reverse Upright Sumo

**GLUTES**

Glute Snappers, side 1 and 2

Narrow Glute Bridge