

MARCH 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!*

MARCH 1, FRIDAY

LEGS

TRX Power Diamond
Incline Chair with Ball
Reverse Power Diamond, Leg Lift + Bend/Press Add-ons

GLUTES

Standing Angle Glutes (Parallel posture turned at an angle) side 1 and 2
Sumo Bridge

MARCH 2, SATURDAY

LEGS

Chair to Horse, side 1 and 2
Power Diamond Skier

GLUTES

Angled Crescent Glutes. Side 1 and 2
Barre Inverted Bridge

MARCH 4, MONDAY

LEGS

Power 4 w/ TRX, side 1 and 2
Reverse Sumo

GLUTES

All 4's Turned Out (see new portal add-ons!) side 1 and 2
Hamstring Bridge

MARCH 5, TUESDAY

LEGS

NEW Side Lunge w/ Ball, side 1 and 2
Reverse Power Base

GLUTES

Piriformis Bridge, side 1 and 2
Prone Diamond

MARCH 6, WEDNESDAY

LEGS

Upright Crescent Lunge, side 1 and 2
Elevated Power Diamond

GLUTES

Standing Glute Snappers, side 1 and 2
Parallel Bridges, any add-ons

MARCH 7, THURSDAY

LEGS

Profile Power Diamond w/ Glider, side 1 and 2
Upright Chair

GLUTES

Head to Barre, side 1 and 2
Diamond Bridge

MARCH 8, FRIDAY

LEGS

TRX Froggers
Plie Squat w/ ball at stations
Elevated Power Base

GLUTES

Side Diamond, side 1 and 2 **TTOWN + AUBURN STUDIOS - TEACH SIDE-LYING GLUTES- our newest trainees are teaching side Diamond all month**
Prone Parallel w/ Ball

MARCH 9, SATURDAY

LEGS

Curtsies w/ Glider, side 1 and 2
Power Base Skier, can use TRX

GLUTES

Prone Glutes, side 1 and 2
Sumo Bridge

MARCH 11, MONDAY

LEGS

Split Power Diamond w/ TRX side 1 and 2
Reverse Chair Squat

GLUTES

Crescent Glutes, side 1 and 2
Prone Diamond

March 12, TUESDAY

LEGS

TRX Split Squat, side 1 and 2 (STAKT MATS MODIFICATION - ELEVATE TOP OF BACK FOOT ON MAT)

Power Plie Squat

GLUTES

Standing Pretzel, can use ball at knee, side 1 and 2

Parallel Bridge w/ Gliders

MARCH 13, WEDNESDAY

LEGS

Side lunge w/ Glider, side 1 and 2

Power Base w/ Ball at thighs

GLUTES

All 4's w/ Parallel options, side 1 and 2

Diamond Glute Bridge

MARCH 14, THURSDAY

LEGS

Power 4, Profile w/ Ball, side 1 and 2

Incline Sumo, can use TRX

GLUTES

Glute Dives, side 1 and 2

Narrow Glute Bridge

MARCH 15, FRIDAY

LEGS

Profile Plie Squat w/ TRX, side 1 and 2

Reverse Power Base, can use ball at thighs

GLUTES

Standing Glutes with parallel options, can use the ball at knee, side 1 and 2

Sumo Glute Bridge

MARCH 16, SATURDAY

LEGS

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

Power Diamond w/ TRX

GLUTES

Standing Scorpion, side 1 and 2

TRX Bridge Marches

MARCH 18, MONDAY

LEGS

TRX Pistol Squat, side 1 and 2
Power Diamond Skier

GLUTES

Seated Pretzel, side 1 and 2
Hamstring Bridge

MARCH 19, TUESDAY

LEGS

Elevated Power Diamond
Incline Chair w/ TRX
Reverse Power Diamond, leg lift add-ons, side 1 and 2

GLUTES

Piriformis Bridge, side 1 and 2
Prone Diamond

MARCH 20, WEDNESDAY

LEGS

TRX Froggers
Reverse Upright Sumo
Elevated Power Base

GLUTES

Angled Crescent Glutes, side 1 and 2
Barre Inverted Bridge

MARCH 21, THURSDAY

LEGS

NEW Side Lunge w/ Ball, side 1 and 2
Power Base Skier

GLUTES

Standing Angle Glutes (Parallel posture turned at an angle) side 1 and 2
Diamond Glute Bridge

MARCH 22, FRIDAY

LEGS

Upright Crescent Lunge with glider, side 1 and 2
Power Plie Squat

GLUTES

All 4's Turned Out Option, side 1 and 2
Parallel Bridge any add-ons

MARCH 23, SATURDAY

LEGS

Profile Power Diamond, side 1 and 2
Reverse Chair

GLUTES

Prone Glutes, side 1 and 2
Sumo Glute Bridge

MARCH 25, MONDAY

LEGS

Curtsies w/ TRX, side 1 and 2
Power Base, any variation

GLUTES

Head to Barre, side 1 and 2
Diamond Bridge

MARCH 26, TUESDAY

LEGS

Power 4, with Glider, side 1 and 2
Plie Squat w/ ball at stations

GLUTES

Standing Snappers, side 1 and 2
Prone Parallel w/ Ball

MARCH 27, WEDNESDAY

LEGS

Split Power Diamond, profile add-ons, side 1 and 2
Upright Chair

GLUTES

Crescent Glutes, side 1 and 2
Prone Diamond

MARCH 28, THURSDAY

HAPPY BIRTHDAY KAITLYN!!

KAITLYN'S FAVORITE THINGS

LEGS

Power Base Skier
Sumo in center of room
TRX Incline Chair

GLUTES

TRX Standing Pretzel
Inverted TRX

MARCH 29, FRIDAY

LEGS

Chair to Horse Pose, side 1 and 2

Power Diamond

GLUTES

Side Diamond, side 1 and 2 **TTOWN + AUBURN STUDIOS - TEACH SIDE-LYING GLUTES- our newest trainees are teaching Side Diamond all month**

Parallel Bridge w/ Gliders

MARCH 30, SATURDAY

LEGS

Side Lunge w/ Glider, side 1 and 2

TRX Froggers

GLUTES

All 4's Parallel Options, side 1 and 2

Sumo Bridge