

MARCH 2025 POSTURE 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, SATURDAY

LEGS	COMBO	GLUTES
Horse Pose side 1 Power Diamond Skier, can use TRX Horse Pose side 2	Back / Chest	Standing Snappers, sides 1 and 2 TRX Bridge Marches

MARCH 3, MONDAY

LEGS	COMBO	GLUTES
Power 4 w/ Glider, side 1 Incline Sumo Power 4 w/ Glider, side 2	Full Body	All 4's Turned out add-ons, sides 1 and 2 Prone Parallel w/ Ball

MARCH 4, TUESDAY - CARDIO

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2 <i>*include a power parallel posture if not teaching cardio*</i>	Full Body	Head to Barre, sides 1 and 2 <i>*include a turned-out bridge if not teaching cardio*</i>

MARCH 5, WEDNESDAY

LEGS	COMBO	GLUTES
Crescent Lunge, side 1 Power Plie Crescent Lunge, side 2	Bicep / Tricep	TRX Standing Pretzel, sides 1 and 2 Parallel Bridge, can use weights

MARCH 6, THURSDAY

LEGS	COMBO	GLUTES
Profile Diamond w/ glider, side 1 Reverse Chair Profile Diamond w/ glider, side 2	Full Body	Prone Glutes w/ Parallel Lifts, sides 1 and 2 TRX Inverted Diamond

MARCH 7, FRIDAY

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 Power Diamond, can use TRX TRX Pistol Squat, side 2	Shoulders	Glute Dives, sides 1 and 2 Hamstring Bridge

MARCH 8, SATURDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, side 1 Elevated Power base Side Lunge w/ Glider, side 2	Full Body	Standing Parallel, sides 1 and 2 Prone Diamond w/ Ball

MARCH 10, MONDAY

LEGS	COMBO	GLUTES
Power Split Diamond w/ Profile add-ons, side 1 Incline Chair w/ Ball Power Split Diamond w/ Profile add-ons,, side 2	Back / Chest	TRX Inverted Bridge Diamond Bridge, can put ball under heels Parallel Bridge w/ Gliders

MARCH 11, TUESDAY - CARDIO

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 <i>Add a power parallel turned out if not teaching cardio</i>	Full Body	Side Diamond, sides 1 and 2 <i>Add a parallel bridge if not teaching cardio</i>

MARCH 12, WEDNESDAY

LEGS	COMBO	GLUTES
Split Sumo, side 1 Power Base Skier, can use TRX Split Sumo, side 2	Full Body	Standing Angle (Parallel posture), sides 1 and 2 Sumo Bridge

MARCH 13, THURSDAY

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 Elevated Power Diamond TRX Split Squat, side 2	Back / Bicep	Glute Snappers, Mat Version, sides 1 and 2 Narrow Bridge

MARCH 14, FRIDAY

LEGS	COMBO	GLUTES
TRX Plie Squat, side 1 Power Base w/ Ball TRX Plie Squat, Side 2	Full Body	Crescent Glutes, sides 1 and 2 TRX Inverted Diamond

MARCH 15, SATURDAY

LEGS	COMBO	GLUTES
Power Upright Chair Center-facing Sumo TRX Froggers	Bicep / Tricep	Seated pretzel, sides 1 and 2 Prone Parallel w/ Ball

MARCH 17, MONDAY

LEGS	COMBO	GLUTES
Horse Pose, can elevate front foot on Stakt Mat, side 1 Power Plie Horse Pose, can elevate front foot on Stakt Mat, side 2	Full Body	Standing Scorpion, sides 1 and 2 TRX Bridge Marches

MARCH 18, TUESDAY - CARDIO

LEGS	COMBO	GLUTES
Side Lunge w/ ball, sides 1 and 2 <i>*include a power parallel posture if not teaching cardio*</i>	Full Body	All 4's w/ parallel add-ons <i>*include a turned out bridge if not teaching cardio*</i>

MARCH 19, WEDNESDAY

LEGS	COMBO	GLUTES
Power 4, profile version side 1 Center-facing Plie Power 4, profile version side 2	Chest / Shoulder / Tricep	Side-lying Glutes, sides 1 and 2 Parallel Bridge

MARCH 20, THURSDAY

LEGS	COMBO	GLUTES
Reverse Diamond w/ Single Leg add-ons, side 1 Upright Chair w/ Ball Reverse Diamond w/ Single Leg add-ons, side 2	Full Body	Single Leg Bridge, sides 1 and 2 Diamond bridge w/ hip rock + zipper add-ons <i>*avoid core exercises on your back*</i>

MARCH 21, FRIDAY

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 Power Sumo, any variation TRX Pistol Squat, side 2	Back / Chest	Angled Head to Barre, sides 1 and 2 Barre Inverted Bridge

MARCH 22, SATURDAY

LEGS	COMBO	GLUTES
Curtsies, can use TRX, side 1 Elevated Power Base Curtsies, can use TRX, side 2	Full Body	Prone Glutes w/ Parallel Lifts, sides 1 and 2 Sumo Bridge

MARCH 24, MONDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, side 1 Power Base Skier Side Lunge w/ Glider, side 2	Shoulders	Standing Parallel, sides 1 and 2 Prone Diamond w/ Ball

MARCH 25, TUESDAY - CARDIO

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 <i>*include a power turned out leg posture if not teaching cardio</i>	Full Body	Standing Snappers, sides 1 and 2 <i>*include a parallel bridge if not teaching cardio</i>

MARCH 26, WEDNESDAY

LEGS	COMBO	GLUTES
Profile Diamond, side 1 Incline Chair Profile Diamond, side 2	Full Body	Head to Barre, sides 1 and 2 Diamond Bridge

MARCH 27, THURSDAY

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 Power Diamond TRX Split Squat, side 2	Back / Bicep	Glutes Dives, sides 1 and 2 Parallel Bridge w/ Gliders

MARCH 28, FRIDAY

LEGS	COMBO	GLUTES
Split Sumo w/ Gliders, side 1 Power Base w/ Ball Split Sumo w/ Gliders, side 2	Full Body	Standing Angle (Parallel posture), sides 1 and 2 TRX Inverted Diamond

MARCH 29, SATURDAY

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 Power Diamond Skier Chair to Horse, side 2	Bicep / Tricep	Standing Pretzel, sides 1 and 2 Hamstring Bridge

MARCH 31, MONDAY

LEGS	COMBO	GLUTES
Power Upright Chair Incline Sumo TRX Froggers	Full Body	All 4's Turned out add-ons, sides 1 and 2 Narrow Bridge

