

MAY 2024 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!*

MAY 1, WEDNESDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, side 1 and 2 Power Base Skier w/ TRX	Full Body	Standing Angle (Parallel posture), side 1 and 2 Sumo Glute Bridge

MAY 2, THURSDAY

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond Skier, any variation	Bicep / Tricep	Standing Glute Snappers, side 1 and 2 Barre Inverted Bridge

MAY 3, FRIDAY

LEGS	COMBO	GLUTES
Elevated Power Diamond TRX Incline Chair Power Plie	Full Body	Piriformis Bridge, side 1 and 2 Diamond Bridge

MAY 4, SATURDAY

LEGS	COMBO	GLUTES
Reverse Power Base, any add-ons Center-facing Plie Squat w/ ball TRX Froggers	Back / Chest	Side Diamond, side 1 and 2 Parallel Bridge w/ Ball

MAY 6, MONDAY

LEGS	COMBO	GLUTES
Horse Pose, any variation, side 1 and 2 Reverse Power Diamond, any add-ons, side 1 and 2	Shoulders	Standing Scorpion, side 1 and 2 Hamstring Bridge

MAY 7, TUESDAY

LEGS	COMBO	GLUTES
Profile Plie w/ Glider, side 1 and 2 Elevated power Base	Full Body	Head to Barre, side 1 and 2 Diamond Bridge

MAY 8, WEDNESDAY

LEGS	COMBO	GLUTES
Power Four w/ TRX, side 1 and 2 TRX Incline Sumo	Back / Bicep	Glute Dives, side 1 and 2 Parallel Bridge w/ Gliders

MAY 9, THURSDAY

LEGS	COMBO	GLUTES
Power Diamond, any variation Upright Chair, w/ ball at thighs Reverse Power Sumo	Full Body	Prone Glutes w/ Parallel lifts, side 1 and 2 Sumo Glute Bridge

MAY 10, FRIDAY

LEGS	COMBO	GLUTES
TRX Pistol Squats, side 1 and 2 TRX Power Diamond Skier	Chest / Tricep / Shoulders	Angled Crescent Glutes, side 1 and 2 TRX Bridge Marches

MAY 11, SATURDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, side 1 and 2 Power Base, ball at thighs	Full Body	Standing Parallel Glutes, side 1 and 2 Prone Diamond

MAY 13, MONDAY

LEGS	COMBO	GLUTES
Profile Power Diamond w/ glider, side 1 and 2 Reverse Chair	Full Body	All 4's Parallel add-ons, side 1 and 2 Diamond Bridge

MAY 14, TUESDAY

LEGS	COMBO	GLUTES
Power Base Skier Reverse Upright Sumo Reverse Power Base w/ leg lift add-ons	Bicep / Tricep	Seated Pretzel, side 1 and 2 Prone Parallel w/ Ball

MAY 15, WEDNESDAY

LEGS	COMBO	GLUTES
Curtsies any variation, side 1 and 2 TRX Froggers	Full Body	Crescent Glutes, side 1 and 2 Sumo Bridge

MAY 16, THURSDAY

LEGS	COMBO	GLUTES
Upright Crescent Lunge any variation, Side 1 and 2 Elevated Power Diamond	Back / Chest	Angled Head to Barre, side 1 and 2 Narrow Bridge

MAY 17, FRIDAY

LEGS	COMBO	GLUTES
Power Plie Incline Chair, any variation Reverse Power Diamond, leg lift add-ons	Full Body	Piriformis Bridge, side 1 and 2 Prone Diamond

MAY 18, SATURDAY

LEGS	COMBO	GLUTES
Power 4, Profile with Ball, side 1 and 2 Center-facing Sumo	Shoulders	All 4's w/ Turn Out Add-ons, side 1 and 2 Parallel Bridge

MAY 20, MONDAY

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond, can use ball at thighs	Back / Biceps	Standing Pretzel, side 1 and 2 Diamond Bridge

MAY 21, TUESDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, side 1 and 2 Elevated Power Base	Full Body	Head to Barre, side 1 and 2 Sumo Bridge

MAY 22, WEDNESDAY

LEGS	COMBO	GLUTES
Power Base any variation Upright Chair Squat Center-facing Plie Squat	Chest / Tricep / Shoulders	Glute Snappers, side 1 and 2 Hamstring Bridge

MAY 23, THURSDAY

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Reverse Chair	Full Body	Barre Inverted Bridge Prone Diamond Parallel Bridge w/ Gliders

MAY 24, FRIDAY

LEGS	COMBO	GLUTES
Horse Pose w/ Glider, side 1 and 2 Power Diamond Skier w/ TRX	Bicep / Tricep	Standing Scorpion, side 1 and 2 TRX Bridge Marches

MAY 25, SATURDAY

LEGS	COMBO	GLUTES
Profile Plie w/ TRX, side 1 and 2 Reverse Power Base, any add-ons	Full Body	Standing Angle (Parallel posture), side 1 and 2 Diamond Bridge

MAY 27, MONDAY

LEGS	COMBO	GLUTES
Split Power Diamond, any variation, side 1 and 2 TRX Incline Chair	Full Body	Prone Glutes w/ Parallel lifts, side 1 and 2 Sumo Bridge

MAY 28, TUESDAY

LEGS	COMBO	GLUTES
Power Base Skier Incline Sumo any variation TRX Froggers	Back / Chest	Side Lying Glutes, side 1 and 2 Narrow Bridge

MAY 29, WEDNESDAY

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, side 1 and 2 Power Base w/ Ball	Full Body	Crescent Glutes, side 1 and 2 Prone Diamond

MAY 30, THURSDAY

LEGS	COMBO	GLUTES
TRX Pistol Squats, side 1 and 2 Power Plie	Shoulders	Standing Snappers, side 1 and 2 Parallel Bridge

MAY 31, FRIDAY

LEGS	COMBO	GLUTES
Elevated Power Diamond Upright Chair Reverse Power Diamond with Leg Lift Add-ons	Full Body	All 4's Parallel add-ons, side 1 and 2 Diamond Bridge

