

First + Last Name, H	Bicep / Tricep Program	Chest / Back Program	Shoulder Program	Back / Bicep Program	Chest / Tricep / Shoulder Program	Full Body Program
Kaitlyn Bentley	<ol style="list-style-type: none"> 1. Ballet biceps in Power Base 2. Overhead triceps in alternating reverse lunge 3. Hammer to tricep extension in chair squat 4. TRX single arm roll out / tricep extension 5. TRX alternating bicep curls 6. TRX skaters 	<ol style="list-style-type: none"> 1. TRX lat pull (facing center of room) 2. TRX chest fly 3. Weights: crescent stepback with single arm low row 4. Plie with chest tap 5. Crescent stepback with single arm low row 6. Jacks with weights 	<ol style="list-style-type: none"> 1. Weights: alternating frontal/lateral raise in power diamond 2. T-arm rotations in walking curtsy 3. Narrow shoulder press with sumo squat 4. Plank with shoulder taps and arm reaches 5. TRX w row to Y row 6. TRX shoulder press (facing center of the room) 	<ol style="list-style-type: none"> 1. TRX single arm bicep curl 2. TRX single arm bicep curl side 2 3. TRX inverted low row 4. Weights: Bicep row with alternating side lunge 5. Deadlifts with heavy weights 6. Lat pull to bicep tray in power base 	<ol style="list-style-type: none"> 1. Tricep rotations in walking curtsy 2. Narrow shoulder press to overhead triceps in walking sumo 3. Sumo four pulses and a hop 4. TRX chest press, squat, roll out 5. TRX chest fly 6. TRX tricep extension with alternating lunge 	<ol style="list-style-type: none"> 1. TRX single leg deadlift to pistol squat w/ bicep row 2. TRX alternating tricep extension/chest press 3. TRX single leg deadlift to pistol w/ bicep row side 2 4. Mats: side plank with rev fly side 1 5. Mountain climbers 6. Side plank with rec fly side 2
Sydney King	<ul style="list-style-type: none"> -TRX alternating reverse lunge with bicep row + split squats challenge -TRX reverse bicep curl -TRX froggers + tricep press -Power base bicep tray + bicep curl (heavy weights) -Side step chair with tricep kick back + press down (light weights) -Tricep dip with march, pulse to end 	<ul style="list-style-type: none"> -Power diamond chest crossovers (heavy weights) -Reverse fly + alt step back to crescent (heavy weights) -Single leg deadlift - upright row (heavy weights) -Single leg deadlift - rhomboid press (heavy weights) -Walking side lunge chest taps + hold center chest circles (light weights) -Walking wide arm pushup with gliders on mat 	<ul style="list-style-type: none"> -TRX overhead shoulders sumo with alt reverse leg lift -TRX alligators -TRX oblique roll outs -Plie with Wide shoulder press (heavy weights) -Burpee lunges with Narrow shoulder press (heavy weights) -Sumo burpees (heavy weights) 	<ul style="list-style-type: none"> -Slow sumo with bicep curl (heavy weights) -Slow weighted jacks (heavy weights) -Crescent step back combo - bicep Pull Down (heavy weights) -Crescent step back combo - low row (heavy weights) -TRX walking curtsy bicep row + sumo in middle high row -TRX chair to sumo plyo 	<ul style="list-style-type: none"> -TRX forearm chest fly + squat with shoulder press -TRX tricep row -Plie chest tap to horse tricep kickback (light weights) -Walking sumo narrow shoulder press with overhead triceps in middle (light weights) -Power base arnold press (heavy weights) -Wide arm pushup at barre 	<ul style="list-style-type: none"> -TRX single arm row -TRX alternating oblique reaches -TRX single arm row -TRX overhead tricep extension -Walking curtsy bicep tray + chest crossover *pause on each side of curtsy to isolate/pulse
Sara Teel, Auburn [1]	<ol style="list-style-type: none"> 1. Weights: Reverse grip bicep curls w/ alternating reverse lunges (or w/o lunges; can keep elbows lifted for challenge) 2. Weights: Plie with overhead tricep extension - in full range and pulses (mod = tricep kickback in sumo squat) 3. TRX tricep press 4. TRX bicep superman 5. TRX froggers with tricep push-up 6. Mats: TRX bicep curls 	<ol style="list-style-type: none"> 1. CHEST - Weights: Chest Opener to Chest Tap with side lunge 2. BACK - Weights: sumo burpee with reverse fly 3. BACK - TRX: single arm low row R 4. CHEST - TRX: chest press with mtn climbers 5. BACK - TRX: single arm low row L 6. CHEST - Burpees with wide arm push-up + can add hop 	<ol style="list-style-type: none"> 1. TRX W row alternating with Y row 2. TRX lunge with overhead press 3. Weights: Arnold press with R reverse lunge 4. Weights: Lat raise with L reverse lunge 5. Weights: Rolling Side plank w/ weights 6. Weights: delt fly in plie 	<ol style="list-style-type: none"> 1. BACK - sumo burpee with reverse fly 2. BICEP - bicep tray with alternating side lunges 3. BACK - TRX single arm low row R 4. BICEP - TRX bicep superman 5. BACK - TRX single arm low row L 6. BICEP - Mat: TRX bicep curl 	<ol style="list-style-type: none"> 1. CHEST - TRX chest fly alternating with chest press 2. TRICEP - TRX froggers with tricep push-up 3. CHEST - Weights: hex press with alternating reverse lunges 4. SHOULDER - Weights: Arnold Press in plie 5. SHOULDER - Weights: frontal/lateral raise in Power Base 6. TRICEP - Mat: 1 1/2 tricep push-up 	<ol style="list-style-type: none"> 1. BICEPS: Alternating reverse lunge with reverse/grip bicep curl 2. BACK & TRICEPS: Renegade Rows with tricep kickback and plank jack 3. SHOULDERS & CHEST: Alternating side lunge chest opener with chest tap in middle 4. FULL BODY & CHEST: Burpees with challenge to add push-up 5. BACK & TRICEPS: TRX low row, alternating with TRX tricep push down 6. SHOULDERS: TRX overhead sumo
Sarah Belcher, Auburn	<ul style="list-style-type: none"> -bicep trays + reverse lunge side 1 -tricep sweeps in Power Base -hammer curls + reverse lunge side 2 -ballerina biceps + plie squat -trx frogger to tricep push-up -trx tricep row 	<ul style="list-style-type: none"> -chest opener to chest tap with side lunge -renegade rows to push-up -chest taps + plie squat -trx high row to low row combo -Trx chair to sumo -trx lat pull with chair squat 	<ul style="list-style-type: none"> -overhead shoulder press + reverse lunge side 1 -Frontal Raise in power base -lateral raise + reverse lunge side 2 -trx alligators -trx overhead sumo squat -trx a row 	<ul style="list-style-type: none"> -reverse fly + side steps -bicep tray + reverse lunges -trx high row to low row combo -trx bicep superman -trx alternating bicep curl -trx lat pull with chair squat 	<ul style="list-style-type: none"> -chest opener to chest tap with side lunge -burpees with tricep push-up -trx lunge with overhead shoulder press -trx forearm chest fly -trx overhead tricep press -trx shoulder press 	<ul style="list-style-type: none"> -hamstring curl with hammer curl + low row -chest opener to chest tap with side lunge -Squat to overhead press -trx frogger to tricep push-up combo -single arm side row side 1 -single arm side row side 2
Hallie Bender Tuscaloosa	<ol style="list-style-type: none"> 1. bicep uppercuts in power diamond add pulses s1 and s2 2. overhead tricep press alternating reverse lunge 3. ballerina biceps step out squats 4. TRX tricep push down 5. negative tricep press w/ pulse 6. MATS and TRX bicep crossovers 	<ol style="list-style-type: none"> 1. chest tap to reaches, 2. rhomboid press to t-arm w/ heel 3. hex press with plie squat, 4. TRX inverted rows 5. Weighted burpees 6., ball wide arm pushups to pulse 	<ol style="list-style-type: none"> 1. Alt frontal/lateral raises in power diamond 2. Forearm Shoulder press w/ ball + pulses in plie squat 3. Weighted Jacks 4. TRX Y row + marches 5. TRX Rollout + Frogger Squat 6. Plank with arm extensions 	<ol style="list-style-type: none"> 1. Alternating Reverse Lunge + bicep curl 2. Single to Full Reverse Fly 3. Good Mornings w/ Ballerina Biceps (slow with Heavy weights) 4. TRX Alternating Bicep Curls 5. Lat-Pull in Chair Squat 6. Hight Row w/ Marches 	<ol style="list-style-type: none"> 1. walking curtsy with chest tap pulse center, 2. crescent lunge tricep kickback-- pulse, 3. plie with goal post 4. crescent lunge Tricep sweeps--pulse, 5. TRX chest press- pinky press to squat, 6. MATS kneeling TRX shoulder press 	<ol style="list-style-type: none"> 1. alt frontal/lateral raises in power diamond, 2. burpees with renegade rows, 3. reverse fly walking sumo, 4. TRX negative tricep extension, 5. chest press-- pinky press with squat, 6. ON MAT bicep cross overs with pulses
Elizabeth Locklier, True40 Auburn	<ul style="list-style-type: none"> -Side lunge side 1 + hammer curl -Step backs + tricep kick backs -Side lunge side 2 + bicep trays -Reverse grip tricep kick back in sumo -TRX Bicep cross over -TRX Tricep press + alternating forward lunge (one press + two lunges and repeat) 	<ul style="list-style-type: none"> -Walking curtsy + low row and t arms in middle of walking curtsy -Single arm cross over + reverse fly side one -Weighted Jacks -Single arm cross over + reverse fly side two -TRX alternating lunge w/ split squat -TRX chest press w/ squat 	<ul style="list-style-type: none"> -Reverse lunge side 1 + delt fly -Arnold press + plie -Reverse lunge side 2 + frontal raise -Modified jacks w/ weights -TRX pistol squat + dead lift side 1 -TRX pistol squat + dead lift side 2 	<ul style="list-style-type: none"> -Walking Curtsy lunge side High row + Lat Pull -Sumo squat + bicep curls -TRX bicep superman -TRX T-Arm extension -TRX bicep curl in chair squat -TRX skaters 	<ul style="list-style-type: none"> -Alternating side lunge w/ chest opener and chest tap in the middle (ending in chest taps in power base) -Overhead tricep press in power base w/ 2 count LRM -Alternating reverse lunge + goal posts -Pushup + tricep sweep (ending with tricep rotations) -TRX overhead sumo squat -TRX chair to sumo plyo 	<ul style="list-style-type: none"> -Curtsy to sumo side 1 + bicep curl -Lat pulls in sumo squat -Curtsy to sumo side 2 + tricep kick back -Plie squat + chest taps -Side lunge + dead lift side 1 -Side lunge + dead lift side 2 -TRX lunge w/ overhead shoulder press
Claire Brian, Auburn	<ul style="list-style-type: none"> -Reverse bicep curl w/ side lunge -Deadlift + Hammer Curl (heavier weights) -Tricep presses w/ side lunge -Bicep curl in power base (heavier weights) -TRX bicep crossover -Tricep dips with flat mat 	<ul style="list-style-type: none"> -Reverse fly w/ lunge (heavier weights) -Chest taps -Low row w/ reverse lunge (lighter weights) -Wide arm push w/ ball -TRX chest fly -TRX lat pull w/ chair squat 	<ol style="list-style-type: none"> 1. Arnold Press w/ plie 2. Deadlift w/ heavy weights, can add a delt fly at the top 3. Squat to overhead shoulder press 4. Frontal Raise w/ Diamond base 5. TRX W Row 6. TRX Shoulder press 	<ul style="list-style-type: none"> -Lat Pull with lunge -Deadlift (heavier weights) -Bicep pull downs with lunge (heavier weights) -TRX high to low row -TRX bicep curl -TRX squat with overhead oblique reach 	<ul style="list-style-type: none"> -Chest opener to chest tap with side lunge -Arnold press w/ plie (heavier weights) -Tricep kickback in power diamond base -TRX alligators -TRX tricep row -Burpees + pushup 	<ol style="list-style-type: none"> 1. Reverse lunge w/ bicep curl 2. Reverse lunge w/ overhead press 3. Plie reaches to running man side 1 and 2 4. TRX walking curtsy with a high row 5. TRX combo Chest press to Tricep Press

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Kelsea Buddo, Downtown Birmingham	<ol style="list-style-type: none"> 1. Side Step Chair with Tricep Kickback > hold in Overhead Triceps (light weights) 2. Power Diamond with Bicep Tray to Bicep Curl (heavy weights) 3. Mountain Climbers alternating with Tricep Pushups 4. TRX Horse (R) with Bicep Row > add kick 5. TRX Horse (L) with Bicep Curl > add kick 6. STATION MATS: Tricep Dips with leg lift challenge 	<ol style="list-style-type: none"> 1. TRX High Row with knee drive 2. TRX Forearm Chest Fly + Squat 3. R Curtsy with Single Arm Goal Post (1 heavy weight) + Knee Drive 4. L Curtsy with Single Arm Goal Post (1 heavy weight) + Knee Drive 5. Power Base with Rhomboid Press > Jacks with Weights x 2 (heavy weights) 6. ISLAND MATS: Glider Lat Pulls 	<ol style="list-style-type: none"> 1. Pile Delt fly> T-arms (light weights) 2. Pile jacks (light weights) 3. Alternating Reverse Lunge with Frontal Raise to Lateral Raise (heavy weights) 4. Side Steps with Weights (heavy weights) 5. TRX Overhead Sumo Squat (add lateral leg lift) 6. TRX A row to Y row 	<ol style="list-style-type: none"> 1. TRX Alternating Lunge with Reverse Bicep Curl > Split Squats 2. TRX Bicep Crossovers 3. Walking Curtsy with Lat Pull to High Row (heavy weights) 4. Deadlift with Low Row > Hold in Warrior 3 for Reverse Fly (heavy weights) 5. Deadlift with Low Row > Hold in Warrior 3 for Rhomboid Squeeze (heavy weights) 6. Hamstring Curl with Hammer Curl + Bicep Row (light weights) 	<ol style="list-style-type: none"> 1. R Side lunge with tricep kickback to reverse lunge with delt raise (light weights) 2. Power base with goal post to shoulder press (heavy weights) 3. L Side lunge with tricep kickback to reverse lunge with narrow shoulder press (light weights) 4. TRX Lunge with Chest Press 5. TRX Froggers with hop > Hold in Tricep Press 6. Side to Side Pushups with gliders 	<ol style="list-style-type: none"> 1. Pile Squat Reaches > Horse with High Row (heavy weights) 2. Pile Squat Reaches > Horse with Narrow Shoulder Press (heavy weights) 3. Sumo with Tricep Rotations / Tricep Lifts (light weights) 4. Skaters with weights (light weights) 5. STATION MATS: Seated TRX Bicep Curls 6. STATION MATS: Side Plank to Wide Arm Pushup
Shelby DiLorenzo, Birmingham	<ol style="list-style-type: none"> 1. Single arm (1) Tricep Kick Back with alternating sumo 2. Alternating Curtsy w/ Bicep Trays OR Bicep Hammer Curl w/ Hamstring Curl 3. Single Arm(2) Tricep kickback with alternating sumo 4. TRX Pistol Squat (1) w/ Bicep Row 5. TRX Tricep Press 6. TRX Pistol Squat (2) w/ Bicep Row 	<ol style="list-style-type: none"> 1. TRX Lat Pull Chair Squat 2. TRX Chest Fly + Squat 3. Alternating Side Lunge w/ Low Row + 2 Reverse Fly 4. Alternating Reverse Lunge w/ Hex Press (split squats as a finisher) 5. Walking Pushup 6. Renegade Rows (plank jack finisher) 	<ol style="list-style-type: none"> 1. TRX reverse lunge overhead shoulder press 2. TRX A Row 3. Single Arm Plie narrow shoulder press to horse pose delt fly (1) (weights in one hand) 4. Weighted Step Backs 5. Plie narrow shoulder press to horse pose delt fly (2) (weights in one hand) 6. T Arms in Plie 	<ol style="list-style-type: none"> 1. TRX Single Arm Bicep Curl to Single Arm Row (side 1) 2. TRX Single Arm Bicep Curl to Single Arm Row (side 2) 3. TRX Chair to Sumo Plyo 4. Alternating Standing Obliques with Superman Curls 5. Plie with Lat Pull Down 6. Plie Jacks 	<ol style="list-style-type: none"> 1. Overhead tricep extension in power base 2. Side step chair with tricep kickback and narrow shoulder press 3. TRX Chest press + tricep press with alternating lunge 4. TRX froggers 5. On knees on mat: goal post arms with overhead shoulder press 6. Wide arm push up with ball 	<ol style="list-style-type: none"> 1. Walking lunge with low row 2. Power base with alternating shoulder L raises 3. Walking lunge with bicep curl 4. TRX forearm chest fly 5. TRX forearm obliques 6. TRX tricep press
Haley Durham auburn	<ol style="list-style-type: none"> 1. Bicep Curls with Chair Squat 2. Overhead tricep extension in power diamonds 3. single leg deadlift with tricep and bicep sweeps 4. Weighted side step chair 5. side 2 of deadlift with hammer curl to tricep extension 6. TRX bicep row alternate tricep forearm press 	<ol style="list-style-type: none"> 1. Reverse Flu with sumo burpees 2. Alternating side lunges with chest open to chest tap 3. TRX lat pull with chair squat 4. TRX Chest Fly 5. walking curtsy low row 5. Floor: wide arm pushups with ball 	<ol style="list-style-type: none"> 1. Curtsy to sumo with lat raise to frontal raise 2. side 2 with overhead press and goalpost squeezes 3. Plank w/ shoulder taps 4. TRX alligators 5. TRX Lunges with overhead shoulder press 6. TRX skaters 	<ol style="list-style-type: none"> 1. low row alternate hammer curl with hamstring curl 2. Walking forward and reverse lunge with lat pull 3. other side with bicep trays 4. TRX bicep crossovers 5. Renegade rows in plank 6. Kneeling Ballerina Biceps + Rhomboid squeeze 	<ol style="list-style-type: none"> 1. Plie Reaches 2. Tricep Kick Back (switching this since rollout Tricep press is overhead) to Delt Fly 3. Burpees with Pushup 4. TRX Chest Press to Rollout Tricep Press 5. TRX skaters 6. TRX Oblique Reaches + Y Row in between 	<ol style="list-style-type: none"> 1. curtsy lunge with bicep curls 2. other side with felt flies 3. Overhead trp extensions in power diamonds 4. TRX Skaters 5. Wide arm pushups with gliders
Alexis Knox, Birmingham	<ul style="list-style-type: none"> -Hammer Curl to Wide Arm Curl with Reverse Lunge -Tricep Kickback on Power Base -Bicep Curl with Sumo Squat -TRX Negative Triceps with Alternating Lunge -TRX Bicep Cross Over -Tricep Dips on mats 	<ul style="list-style-type: none"> -Chest Taps with Alternating Side Lunge -Low Row + Box Squat -Wide Arm Pushup + Shoulder Taps -TRX Inverted Row with Marches -Chest Fly -TRX Lat Pull 	<ul style="list-style-type: none"> -Delt Fly to Shoulder Press + alt reverse lunge -Power Diamond + Lateral Raises Right and Left -Curtsy + Overhead press to Touchdown -TRX Alligators -TRX Overhead Oblique Reaches -TRX Plank Pikes 	<ul style="list-style-type: none"> -Hammer Curl to Wide Arm Curl with Reverse Lunge -Lat Pull + Box Squat -Reverse Fly Sumo -TRX Dead Lift to Pistol R -TRX Bicep Cross Over -TRX Dead Lift to Pistol L 	<ul style="list-style-type: none"> -Curtsy Chest Tap + Goal Post -Tricep Sweeps +rotations + Power Base -Side to Side Box Squat with Shoulder Press -Wide Arm pushup to renegade row+tricep kick back -TRX alligators -TRX Sumo Step in/Hops 	<ul style="list-style-type: none"> -TRX Curtsy alt with high row/low row -TRX Alligators -TRX Skaters -Alternating side lunge + Chest Taps -Box squat + Bicep Curl -Tricep Pushups + Knee Drives
Madison Parvin, Birmingham	<ol style="list-style-type: none"> 1. Side lunge R with bicep tray 2. Side lunge L with tricep kickbacks 3. Base posture with overhead triceps 4. Heavy weights- sumo squat + hammer curl 5. Trx froggers with tricep pushups 6. Trx alternating bicep curls 	<ol style="list-style-type: none"> 1. Chest opener to chest tap in plie 2. Low rows with stepbacks 3. Deadlifts with upright rows (heavy) 4. Trx chest press with shoulder press & squat 5. Trx walking curtsy with high rows 6. Glute bridge with chest fly (heavy) 	<ol style="list-style-type: none"> 1. Trx high rows in walking curtsy 2. Trx oblique twist with shoulder press 3. Side lunge R with "L" arms 4. Ballerina biceps in plie 5. Side lunge L with "L" arms 6. Kneeling delt fly (heavy weights) 	<ol style="list-style-type: none"> 1. Dead lift R with upright row 2. reverse lunges with hammer curls 3. Ballerina biceps base posture 3. Deadlift L with upright row 2. reverse lunges with Reverse bicep curls 4. Renegade rows on mat 5. Trx alternating bicep curls 6. Trx low row with marches 	<ol style="list-style-type: none"> 1. Crescent lunge R tricep kick back 2. Hex press in sumo 3. Crescent lunge L tricep kickback 4. Side step chair with delt fly to shoulder press 5. Trx negative chest press 6. Trx frogger to roll outs 	<ol style="list-style-type: none"> 1. Trx tricep press with alternating lunges 2. Trx negative chest press 3. Burpees with walking curtsy with shoulder press + delt fly 4/5. Single arm reverse fly on mat R/L 6. Sumo squat + stationary hammer curl/bicep curl (heavy) weights
Caroline Mace, Tuscaloosa	<ul style="list-style-type: none"> - alternating curtsy with bicep trays - overhead tricep extension in power base + pulses - TRX bicep curl (Add in alternating marches) - TRX frogger tricep press - TRX curtsy skaters (palms up for bicep engagement) - plank: alt renegade row to tricep extension 	<ul style="list-style-type: none"> - chest taps in plie (end with wrist flip taps) - rhomboid squeeze (add in alt marches) - chest fly with back parallel leg lift (side 1) - low row with back parallel leg lift (side 2) - TRX goal post row - TRX lat pull facing center of the room 	<ul style="list-style-type: none"> - ball between forearms, closed goal post lifts ---> shoulder curls ---> ball squeeze - alligators in power diamond - burpee + shoulder press - alternating curties + alternating frontal raise/lateral raise - TRX hip dips - TRX alternating high row + Y row 	<ul style="list-style-type: none"> - TRX inverted bicep curl - TRX T-arm extension - power diamond, alternate bicep tray + rhomboid squeeze - low row with tap back (heavier weights) - alternating lat pulls in plie - kneeling bicep pull down 	<ul style="list-style-type: none"> - TRX alternating crescent lunge pushdown - TRX chest press with marches - goal post shoulder work in power diamond - chest fly with back leg lift (side 1) - delt fly with back leg lift (side 2) - tricep kickbacks in power base 	<ul style="list-style-type: none"> - TRX tricep row + bicep row - TRX chest press with marches - TRX hip dips - alternating lat pull taps in plie - ball between forearms closed goal post shoulder work - burpee with shoulder press
Holly Hayes, True40 Bham & Auburn	<ol style="list-style-type: none"> 1. Horse pose R with bicep curls (heavier weights) (side 1) 2. Plie in center with overhead triceps 3. Horse pose L with bicep pull downs (heavier weights) (side 2) 4. TRX froggers with tricep mtn. Climbers 5. TRX bicep rows with alt. reverse lunges 6. Tricep dips on mats 	<ol style="list-style-type: none"> 1. Alternating side lunges w/ reverse fly & low row in power base (heavier weights) 2. Chest taps to circles in power diamond 3. TRX lat pull with chair squat 4. TRX chest press with knee drives 5. Renegade rows on mats 6. Wide arm pushups with gliders 	<ol style="list-style-type: none"> 1. Walking curtsy with frontal & lateral raises (lighter weights) 2. Sumo burpees (heavier weights) 3. TRX alligators 4. TRX lunge with overhead shoulder press 5. Side step chair with delt fly to narrow shoulder press 6. Arnold press in power base 	<ol style="list-style-type: none"> 1. TRX single arm row to single arm bicep curl R 2. TRX single arm row to single arm bicep curl L 3. TRX high row with walking curtsy 4. Ballerina biceps in plie (lighter weights) 5. Low row with step backs (heavier weights) 6. Kneeling bicep pull downs 	<ol style="list-style-type: none"> 1. Chest opener to chest tap with side lunge 2. Side to side sumo with narrow shoulder press (heavy weights) 3. Walking wide arm pushups over mat 4. TRX overhead sumo squat 5. TRX tricep lunges 6. Kneeling tricep sweeps, hold back in pulses 	<ol style="list-style-type: none"> 1. Sumo burpee with alternating goal posts in curtsy 2. Overhead triceps in plie 3. Deadlift to bicep row R 4. Deadlift to bicep row L 5. Widearm pushups with gliders 6. Mtn climber finish
Kristi Laxson, Auburn	<ol style="list-style-type: none"> 1. Side lunge R with hammer curls (heavier) 2. Power base (add pulses) with 1 ½ bi curl (heavy) 3. Side lunge L with tricep extensions (light) 4. TRX bicep hugs 5. TRX tricep presses 6. Glider burpees with tricep pushups 	<ol style="list-style-type: none"> 1. Sumo squat with low row (heavy) 2. Reverse lunge R with goal posts to pulses (light) 3. Deadlifts (heavy) 4. Reverse lunge L with lat pulls (light) 5. TRX chest press (option for mountain climbers) 6. Burpees 	<ol style="list-style-type: none"> 1. Walking lunge R with frontal raise (light) 2. Squat to overhead press (heavy) 3. Walking lunge L with lateral raise (light) 4. TRX high rows 5. TRX alligators 6. Plank Shoulder taps 	<ol style="list-style-type: none"> 1. TRX bicep hugs alternating with low rows 2. TRX Curtsy Skaters (palms up for bicep engagement) 3. TRX lat pulls 4. Plie sweeps with high rows and bi trays (light) 5. Alternating reverse lunges with bicep curls (light, or heavy depending on beat) 6. Squat with reverse fly (heavy) 	<ol style="list-style-type: none"> 1. TRX chest press 2. TRX alligators 3. Goal post to overhead press with alternating reverse lunges (light) 4. Power diamond with overhead tricep extensions (light) 5. Chest fly on mat/back (heavy) 6. Glider burpees with tricep pushups to tricep pulses 	<ol style="list-style-type: none"> 1. Walking curtsy with goal posts to chest taps (light) 2. Deadlifts (heavy) 3. Reverse lunge R with hammer curls (light) 4. Sumo squat with reverse fly (heavy) 5. Reverse lunge L with overhead presses (light) 6. TRX tricep presses

First + Last Name, H	Bicep / Tricep Program	Chest / Back Program	Shoulder Program	Back / Bicep Program	Chest / Tricep / Shoulder Program	Full Body Program
Amy Richmond, Birmingham	WEIGHTS 1. walking curtsy with alternating bicep crossovers (biceps) (heavier weights) 2. 1, 2 count bicep tray in a sumo deadlift to 2, 1 count tricep kickbacks with 2 sumo squats (bis and tris-switch to lighter weights since combo bis and tris) 3. burpees (whole body-keep weights or work without) TRX 4. tricep extension ->option to add alternating lunges halfway through (triceps) 5. overhead bicep curl option to add knee drives (biceps) MAT 6. tricep dips LRM->pulses (triceps)	TRX 1. chest fly (chest) 2. lat pull in chair squat (back) WEIGHTS 3. single leg deadlift with high row, side one (back, heavier weights) 4. 2 count chest taps in power diamond (chest, heavier weights) 5. single leg deadlift with low row, side two (back, heavier weights) MATS 6. walking chest press with gliders (chest)	TRX 1. W row 2. shoulder press with added chair squat WEIGHTS 3. 2 count goal post to wide overhead shoulder press in plie squat -> add LRM with overhead press (heavy) 4. delt fly with step backs (lighter weights) 5. side steps with weights (lighter weights) MATS 6. 2 count frontal raise -> rotations last .30(light weights)	WEIGHTS 1. Rhomboid squeeze with marches (heavy/back) 2. bicep curls with reverse lunges, side one (heavy, biceps) 3. 2 count lat pull in plie lunge (heavy, back) 4. bicep tray with lunges, side two (heavy, biceps) TRX 5. walking curtsy with low row MATS with TRX 6. reclined overhead bicep curl	TRX 1. chest fly to narrow roll out (chest / shoulders) 2. frogger pushups -> mtn climbers (triceps) 3. alligators (shoulders) WEIGHTS 4. overhead tricep extension in power diamond (light/triceps) 5. 2 count hex press with a deadlift to 2 count narrow overhead shoulder ->option to add marches alternating R and L legs with each narrow press (heavy/chest/shoulders) MATS 6. chest presses with hand on ball (chest)	TRX 1. hammer curls, hold STIRRUP in neutral grip (biceps) 2. chest fly with feet wide option to add sumo squat in between last half (chest) WEIGHTS 3. Crescent lunge with tricep kickback, option to make LRM last half (triceps/light) 4. split squats with weights 5. Crescent lunge with delt fly, option to make LRM last half (shoulders/light), 2 min MATS 6. renegade rows in modified plank, full plank for challenge (back/heavy) 7. ninja burpees (full body)
Gabi Gonzalez, Tuscaloosa	-trx bicep superman -trx tricep pushup with frogger -bicep tray with curtsy lunge -squat and tricep press -reverse bicep curl on knees -tricep dips	-trx chest flys -trx High Rows -chest taps in power diamond -rhomboid presses in power diamond -deadlift + Upright Row -hex press with reverse lunge	-TRX A Row -TRX Overhead + Reverse Lunges -Power Base + Arnold Press (2-count), Heavy weights -Horse Pose + Delt Fly, heavy weights -Power DIAMOND + Alligators, light weights -Horse Pose + Frontal Raise, light weights	-reverse fly in horse pose -uppercuts in plie squat -high row in horse pose -trx bicep curls -trx t-arm extension -trx bicep crossovers	-alternating overhead tricep extension in power base -chest opener to chest tap with side lunge -frontal raise in power base -trx tricep row -trx overhead sumo squat -wide arm pushup w/ ball	-trx lat pull with chair squat -trx curtsy skaters -trx alligators -wide arm push ups -ballerina biceps with plie squat -tricep kickbacks in power base
Mary Beth Benz	-Overhead tricep press in sumo (lighter) -Hammer curls with reverse lunges (heavy) -Walking Curtsy w/ Bicep Tray + Tricep kickback -Tricep push up TRX with mountain climbers at the end -Skaters with TRX -Alt Regular/Reverse bicep curls TRX seated on mat	-Crescent with chest tap (light) -Crescent with rhomboid press (light) -Burpee with chest press (no weight) into low rows (heavy) -Side arm row with TRX side 1 -Side arm row with TRX side 2 -TRX chest fly	-Plie reaches to t arms in sumo (light) -Arnold press in power base (moderate weight) (at 2 count) -Narrow Shoulder Press + Squat (heavy) -Alligators with TRX -Lat pull to delt fly TRX -TRX roll outs with GFH	-Deadlift (heavy) -Bicep curls with side lunges (moderate to heavy) -TRX low row with weight (light/moderate) side 1 -TRX low row with weight (light/moderate) side 2 -TRX bicep crossovers -TRX sumo side steps	-Goal Post to overhead press in sumo (light) -Tricep kick back (moderate/heavy) -Side step chair with delt fly (light/moderate) -Wide arm push up with ball -Tricep dips -Rolling Side plank with weights	-Hammer curl with hamstring curl -Tricep kick backs with reverse lunge -Lateral raises in power base to palm rotations -Pistol to deadlift low row and high row TRX -Chest press TRX
Rebecca Purdy Tuscaloosa	-Power diamond tricep rotation with legs -Bicep trays walking curtesy -Alt reverse lunge triceps kickback -Power base heavy weights Bicep curl -Trx alt Bicep row triceps press back -Trx froggers	-Reverse lunge right chest tap -Base posture heavy weights low row/reverse fly -Reverse lunge left hex press -Alt side lunge high row -Trx lat pull -Trx forearm chest fly/ roll out	-Power diamond alt L raise add legs -Shoulder press squat heavy weights -Walking curtesy alt single arm goal post -Base Arnold press -TRX overhead reverse lunge -Trx alligators	1. Side Lunge (right) Bicep curl -heavy weights 2. Deadlift high row - heavy weights 3. Side Lunge (left) Reverse grip curl - heavy weights 4. Weighted Jumping Jacks - light weights 5. TRX Superman Curl to T-arm row 6. TRX Lat pull in chair + jacks	-Chest opener to chest tap with side lunge -Shoulder press squat heavy weight -Walking curtsy alt goal post / triceps kickback -Alt Reverse lunge triceps flips or press back -Power diamond lateral/frontal raise -TRX Chest Press	-Walking curtsy lateral/frontal raise -Alt Side step squat heavy weight -Alt side lunge low row / high row -Trx Bicep crossover -Trx tricep press -Alt Forearm chest fly/rollout
Kendall Murphy, downtown	-Side lunge + bicep tray -Tricep kick back + add ones -Side lunge + hammer curl -Bicep pull downs (heavier weight) -Alt reverse lunge + overhead triceps -TRX tricep push up	-Reverse lunge + rhomboid press -Chest taps + add ons -Reverse lunge side 2 + low row (heavier weight option) -Renegade row -Walking chest press + mtn climbers -TRX chest press	-Side step chair + delt fly, overhead press -Frontal, lateral raise -Goal post, overhead wide arm press (heavier weight option) + sumo squat -Alligators -TRX w, y row -TRX Rollout	-Alt side lunge + low row (heavy weights) -Ballerina biceps -Weighted jacks -TRX bicep crossovers -TRX alt reverse lunge + bicep row -TRX lat pull	-TRX w row, oblique row + sumo squat -TRX chest fly -Walking curtsy + chest tap -Kneeling overhead triceps -Burpee + shoulder press -Neg tricep push up	-TRX alt reverse lunge, split squat -TRX lat pull, delt fly -TRX chair skaters -Bicep pull downs -Walking chest press + mtn climbers -Overhead tricep extension kneeling
Logan Andrews Birmingham	1. reverse bicep curl plie squat, 2. ballerina biceps, 3. bicep tray alternating reverse lunge, 4. trx reverse grip tricep extension, 5. TRX tricep pushdown, 6. tricep dips on mat	1. renegade rows + push up, 2. chest taps in power base (LRM), 3. ninja burpees 4., rhomboid press plie add squat, 5. TRX high row add march 6. TRX Chest fly	1. delt fly to narrow shoulder press curtsy, 2. alligators power diamond (LRM), 3. alternating T arms, 4. TRX roll outs add squat, 5. TRX W row, 6. plank frogger shoulder tap	1. renegade rows, 2. rhomboid press plie squat, 3. alternating lat pull add squat, 4. reverse bicep curl plie squat, 5. ballerina biceps, 6. bicep tray alternating reverse lunge	1. chest taps in power base (LRM), 2. ninja burpees option to add push up, 3. delt fly to narrow shoulder press curtsy, 4. TRX w's, y's 5. TRX tricep pushdown, 6. tricep dips on mat	1. delt fly to narrow shoulder press curtsy, 2. reverse grip tricep kickback + tricep push down, 3. reverse bicep curl (hold in plie to start) add LRM, 4. renegade row add burpee + half burpee reverse fly, 5. walking wide arm push up elevated on mat
Ashley Roe, tuscaloosa	-Power diamond tricep rotation with legs -Bicep trays walking curtesy -Alt reverse lunge triceps kickback -Power base heavy weights Bicep curl -Trx alt Bicep row triceps press back -Trx froggers	-Reverse lunge right chest tap -Base posture heavy weights low row/reverse fly -Reverse lunge left hex press -Alt side lunge high row -Trx lat pull -Trx forearm chest fly/ roll out	-Power diamond alt L raise add legs -Shoulder press squat heavy weights -Walking curtesy alt single arm goal post -Base Arnold press -TRX overhead reverse lunge -Trx alligators	-TRX superman curl to T fly -TRX single arm bicep curl to single arm low row (side 1) -TRX single arm bicep curl to single arm low row (side 2) -plie squat with bicep tray -half burps -power diamonds with lat pulls (heavy weight and slow)	-cresent lunge side 1- tricep kickback to hex -side to side push up with glider -cresent lunge side 2- try overhead ext to narrow shoulder press -TRX frogger to roll out -kneeling tricep sweeps (4 pulses extended and 4 pulses flexed) -reclined chest press (heavy)	-alternating reverse lunge with frontal and lateral raises -uppercuts in plie -alternating curtesy lunges with chest taps- adding pulses with chest tap circles -reverse chair at barre with ball behind back- hammer curl and narrow shoulder press and then combine -TRX lat pulls and delt fly -renegade row with tricep extension
Emma Engelage, Tuscaloosa	-TRX bicep curl in chair -TRX overhead tricep press -reverse lunge with hammer curl (heavy weights) -reverse lunge with Reverse bicep curl (heavy weights) -tricep push ups at the bar -tricep dips on the mats	TRX lat pull to delt fly in chair -TRX high row with knee drive add on -TRX chest press -power base with low row to reverse fly with heavy weights -plie chest taps with heavy weights + pulse add on -burpees with wide arm push up add on	-sumo with lateral raise and overhead shoulder press side 1 -side step goal post -sumo with lateral raise and overhead shoulder press side 2 -alternating reverse lunge with frontal raise -TRX alligators -TRX pushdown	-TRX lat pulls -TRX bicep curls with knee drive add on -TRX low row to high row -sumo with reverse fly (heavy weights) -ballerina biceps in power diamond -kneeling bicep pull down	-TRX forearm chest fly -TRX froggers -sumo squat with overhead shoulder press to tricep kickback -plie with arnold press -plie chest taps to t-arms -widearm push up with ball	-TRX Y row -TRX chair to sumo with plyo -plie reaches with running man -alternating reverse lunge with frontal raise to lateral raise -burpees -tricep dips on the mat

[1] Responder updated this value.