

# GOLD'S GYM

## WEIGHT SYSTEM EXERCISE GUIDE

**1. BENCH PRESS**  
Lies on your back with the knees bent and feet flat on the floor. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U



**2. MILITARY PRESS**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar straight up over your head.

Muscles affected: D, U, S



**3. BUTTERFLY**  
Lies on your back with knees bent and feet flat on the floor. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



**4. GOLF SWING**  
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and then forward.

Muscles affected: D, L



**5. SQUAT**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body down, then stand back up.

Muscles affected: D, L, U



**6. ALTERNATE LEG RAISE**  
Lies on your back with knees bent and feet flat on the floor. Lift one leg up, then the other.

Muscles affected: D, L, U



**7. VERTICAL KICK**  
Stand with feet shoulder-width apart. Kick one leg straight up.

Muscles affected: D, L



**8. KNEELED SQUAT**  
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body down, then stand back up.

Muscles affected: D, L, U, S



**9. PULL-UP**  
Hang from a bar with hands shoulder-width apart. Pull your body up.

Muscles affected: D, L, U, S



**10. TREADMILL CLIMB**  
Walk or run on a treadmill.

Muscles affected: D, L



**11. LEG PRESS**  
Lies on your back with knees bent and feet flat on the floor. Push the bar up with your legs.

Muscles affected: D, L, U



**12. LEG EXTENSION**  
Lies on your back with knees bent and feet flat on the floor. Extend your legs straight out.

Muscles affected: D



**13. LEG CURL**  
Lies on your back with knees bent and feet flat on the floor. Curl your legs up.

Muscles affected: D



**14. AIR CRACK**  
Stand with feet shoulder-width apart. Crack your legs.

Muscles affected: D



**15. TRICEPS PRESS DOWN**  
Stand with feet shoulder-width apart. Press the bar down with your triceps.

Muscles affected: D



**16. BENT ARM PUNCHDOWN**  
Stand with feet shoulder-width apart. Punch down with your bent arm.

Muscles affected: D, L, U



**17. LAT PULL DOWN**  
Stand with feet shoulder-width apart. Pull the bar down.

Muscles affected: D, L, U



**18. TRICEPS EXTENSION**  
Stand with feet shoulder-width apart. Extend your triceps.

Muscles affected: D



**19. CROUCHDOWN PLY**  
Crouch down on your knees.

Muscles affected: D, L, U, S



**20. BACK EXTENSION**  
Lies on your back with knees bent and feet flat on the floor. Extend your back.

Muscles affected: D



**21. DEAD LIFT**  
Stand with feet shoulder-width apart. Lift the bar from the floor.

Muscles affected: D, L, U, S



**22. GOLF SWING**  
Stand with feet shoulder-width apart. Swing the club back and then forward.

Muscles affected: D, L



**23. SHOULDER SWING**  
Stand with feet shoulder-width apart. Swing your shoulders.

Muscles affected: D, L, U



**24. OVERHEAD EXTENSION**  
Stand with feet shoulder-width apart. Extend your arms overhead.

Muscles affected: D, L



**25. REGULATION CURL**  
Stand with feet shoulder-width apart. Curl the bar up.

Muscles affected: D, L



**26. FRONT KICK**  
Stand with feet shoulder-width apart. Kick forward.

Muscles affected: D, L, U



**27. KICK BACK**  
Stand with feet shoulder-width apart. Kick back.

Muscles affected: D, L



**28. KIP ADDUCTION**  
Stand with feet shoulder-width apart. Adduct your knees.

Muscles affected: D, L



**29. KIP ADDUCTION**  
Stand with feet shoulder-width apart. Adduct your knees.

Muscles affected: D, L



**30. STANDING CURL**  
Stand with feet shoulder-width apart. Curl the bar up.

Muscles affected: D, L



**31. LATERAL RAISE**  
Stand with feet shoulder-width apart. Raise your arms laterally.

Muscles affected: D, L, U



**32. BENT LATERAL RAISE**  
Stand with feet shoulder-width apart. Raise your arms laterally with bent arms.

Muscles affected: D, L, U



**33. FRONT RAISE**  
Stand with feet shoulder-width apart. Raise your arms frontally.

Muscles affected: D, L, U



**34. UPRIGHT KICK**  
Stand with feet shoulder-width apart. Kick upright.

Muscles affected: D, L, U, S



**35. BENT KICK**  
Stand with feet shoulder-width apart. Kick with bent arms.

Muscles affected: D, L, U, S

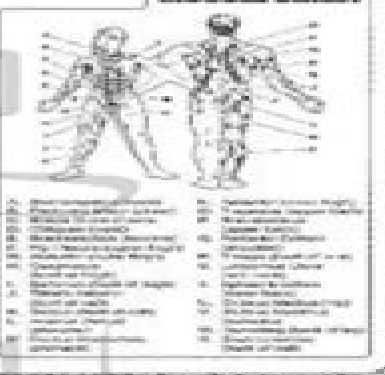


**36. SHAVED KICK**  
Stand with feet shoulder-width apart. Kick with shaved arms.

Muscles affected: D, L, U, S



### MUSCLE CHART



# Gold Gym Mass Guide

**Yigal Pinchas**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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## **Table of Contents Gold Gym Mass Guide**

1. Understanding the eBook Gold Gym Mass Guide
  - The Rise of Digital Reading Gold Gym Mass Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Gold Gym Mass Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gold Gym Mass Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gold Gym Mass Guide
  - Personalized Recommendations
  - Gold Gym Mass Guide User Reviews and Ratings
  - Gold Gym Mass Guide and Bestseller Lists
5. Accessing Gold Gym Mass Guide Free and Paid eBooks
  - Gold Gym Mass Guide Public Domain eBooks
  - Gold Gym Mass Guide eBook Subscription Services
  - Gold Gym Mass Guide Budget-Friendly Options

6. Navigating Gold Gym Mass Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Gold Gym Mass Guide Compatibility with Devices
  - Gold Gym Mass Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gold Gym Mass Guide
  - Highlighting and Note-Taking Gold Gym Mass Guide
  - Interactive Elements Gold Gym Mass Guide
8. Staying Engaged with Gold Gym Mass Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Gold Gym Mass Guide
9. Balancing eBooks and Physical Books Gold Gym Mass Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gold Gym Mass Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Gold Gym Mass Guide
  - Setting Reading Goals Gold Gym Mass Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gold Gym Mass Guide
  - Fact-Checking eBook Content of Gold Gym Mass Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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