

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, U, V



2. MILITARY PRESS
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar straight up from the shoulders.

Muscles affected: U, D, V



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, U



4. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a golfing motion.

Muscles affected: D, U



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

Muscles affected: D, U, V



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

Muscles affected: D, U, V



7. VERTICAL BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up to your chest, then lower it.

Muscles affected: D, U



8. HANGING KIP
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

Muscles affected: D, U, V, L, R, B



9. PULL-UP
Hang from a pull-up bar with arms straight. Pull yourself up until your chin is over the bar.

Muscles affected: D, U, V, L, R, B



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up to your chest, then lower it.

Muscles affected: D, U



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

Muscles affected: D, U, V, L, R



12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: D, U



13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Pull the bar up to your chest, then lower it.

Muscles affected: D



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg up, then the other, alternating legs.

Muscles affected: D



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar down from your shoulders.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Punch the bar down from your shoulders.

Muscles affected: D, U, V



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar down to your chest.

Muscles affected: D, U, V



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar down from your shoulders.

Muscles affected: D



19. CROUCHDOWN FLY
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Fly the bar out to the sides from a crouched position.

Muscles affected: D, U, V, L, R



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Lift your hips up.

Muscles affected: D



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

Muscles affected: D, U, V, L, R



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a golfing motion.

Muscles affected: D, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar in a circular motion.

Muscles affected: D, U, V



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar overhead.

Muscles affected: D, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up to your chest.

Muscles affected: D, U



26. FRONT KICK
Stand with feet shoulder-width apart. Kick the bar forward with one leg.

Muscles affected: D, U, V, L, R



27. KICK BACK
Stand with feet shoulder-width apart. Kick the bar backward with one leg.

Muscles affected: D, U



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

Muscles affected: D, U



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

Muscles affected: D, U



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up to your chest.

Muscles affected: D, U



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift the bar out to the sides from your shoulders.

Muscles affected: D, U, V



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift the bar out to the sides from your shoulders, with one arm bent.

Muscles affected: D, U, V



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift the bar straight up from your shoulders.

Muscles affected: D, U, V



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick the bar straight up with one leg.

Muscles affected: D, U, V, L, R



35. BENT KICK
Stand with feet shoulder-width apart. Kick the bar straight up with one leg, with the knee bent.

Muscles affected: D, U, V, L, R



36. SHAVED KICK
Stand with feet shoulder-width apart. Kick the bar straight up with one leg, with the knee shaved.

Muscles affected: D, U, V, L, R



MUSCLE CHART



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G Orfield



Golds Gym Weight System Exercise Guide:

Golds Gym Weight System Exercise Guide Book Review: Unveiling the Power of Words

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