

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. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: L, U, B



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 forth in a circular motion.

Muscles affected: L, 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, 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, alternating legs.

Muscles affected: D, L, U



7. VERTICAL KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air.

Muscles affected: L, U



8. HANDED SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B, S



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up until your chin is over the bar.

Muscles affected: D, L, U, B, S



10. TREADMILL CLIMB
Walk or run on a treadmill. Increase the incline to a challenging level.

Muscles affected: D, L, U, B, S



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, L, U, B



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, L, U, B



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

Muscles affected: D, L, U, B



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg straight up in the air.

Muscles affected: L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U, B



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with both hands. Pull the bar down from your shoulders.

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B



19. CROUCHDOWN PLY
Stand with feet shoulder-width apart. Crouch down and push back up.

Muscles affected: D, L, U, B, S



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

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B, S



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

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with both hands. Push the bar up from your shoulders.

Muscles affected: D, L, U, B



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with both hands. Curl the bar up from your knees.

Muscles affected: D, L, U, B



26. FRONT SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B, S



27. KICK SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B, S



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with both hands. Push the bar down from your shoulders.

Muscles affected: D, L, U, B



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with both hands. Push the bar down from your shoulders.

Muscles affected: D, L, U, B



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with both hands. Curl the bar up from your knees.

Muscles affected: D, L, U, B, S



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side.

Muscles affected: L, U, B



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side.

Muscles affected: L, U, B



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm straight out in front of you.

Muscles affected: L, U, B



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B, S



35. BENT SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B, S



36. SHAVED SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B, S



MUSCLE CHART



Golds Gym Exercise Guide

Rough Guides



Golds Gym Exercise Guide:

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

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