

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, W



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, W



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: D, L



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

Muscles affected: D, L, U, W



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, W



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

Muscles affected: D, L



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

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



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

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



10. TREADMILL CLIMB
Walk on a treadmill with a handrail. Climb up the steps.

Muscles affected: D, L



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, W



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



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



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

Muscles affected: D, L



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

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L



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

Muscles affected: D, L, U, W



27. KICK SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Kick the bar back and forth.

Muscles affected: D, L



28. SWING SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth.

Muscles affected: D, L



29. SWING SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth.

Muscles affected: D, L



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

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up straight.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up straight.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm up straight.

Muscles affected: D, L, U



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

Muscles affected: D, L, U, W



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

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

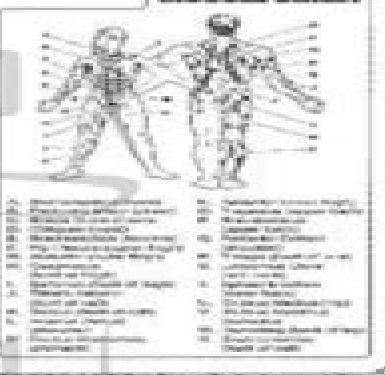


36. SHAVED SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth.

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



MUSCLE CHART



Gold Gym Mass Guide

Jo Jo



Gold Gym Mass Guide:

The Gold's Gym Guide to Getting Started in Bodybuilding Ed Housewright, 2004-08 Publisher Description The Gold's Gym Book of Bodybuilding Ken Sprague, Bill Reynolds, 1983 This book includes more than 150 profiles of the sport's greatest bodybuilders both past and present who have trained at Gold's each featuring a workout routine or training tip **The Complete Holistic Guide to Working Out in the Gym** Yigal Pinchas, 2006 The comprehensive guide to getting the most out of your gym workout It includes detailed information on planning executing and maintaining a fitness regime More than simply an instructional manual The Complete Guide is also a valuable resource on nutrition attitude and the development of a personal training program that fits every lifestyle Building on years of research and experience as an educator personal trainer and government official for fitness accreditation Yigal Pinchas has integrated the theory and practice of health and wellness to address the physical mental and emotional demands of an effective fitness regime Accompanied by over 200 illustrations the text includes instruction that range from step by step guides to performing the exercises and reaching your training goals without injury to balancing training with proper eating habits and keeping yourself motivated over the long term The book is structured to allow readers to progress all the way from the first tentative steps to the more advanced stages of independent and effective exercise This book is a must for professional trainers kinesiology specialists and the general fitness enthusiast The Gold's Gym Training Encyclopedia Peter Grymkowski, 1984 The Gold's Gym Training Encyclopedia is the best book of its kind I wish I'd had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold's Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilders only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim Kimber are co owners of Gold's Gym Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including The Gold's Gym Book of Bodybuilding Weight Training for Beginners and Bodybuilding for Beginners all published by Contemporary The Unofficial Guide to Las Vegas 2012 Bob Sehlinger, Menasha Ridge, Deke Castleman, Muriel Stevens, 2011-09-06 A guide to visiting Las Vegas Nevada featuring ranked and rated descriptions of over one hundred hotels and casinos critiques of shows and nightspots restaurant reviews and gambling tips **The Total**

Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *The Patriarch's Guide to Surviving a Gynocentric World* Conrad Riker, Trapped in a Feminist World Here's How to Take Back Control Do you feel like a walking A T M for a system that strips your rights and dignity Why are boys punished for being boys while girls get endless praise What if equality is a lie designed to erase male purpose Unlock the biological rules feminists don't want you to know Slash through divorce courts rigged system keep your money and kids Crush the beta label and command respect in work love and life Discover why 93% of workplace deaths are men and how to fight back Ditch simp culture and build unshakable self reliance Awaken to the red pill truths hidden behind woke propaganda Resurrect the stoic discipline that built empires not safe spaces Join the silent army of men refusing to be civilization's collateral damage If you're ready to torch the marriage plantation silence the chaos and reclaim your birthright as a leader buy this book today before they erase it *The Official Gold's Gym Beginner's Guide to Fitness* David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food **Cairo** Claire E. Francy, Lesley Lababidi, 2008-06 The guide described by The New York Times as indispensable revised and updated for 2008 fills a vital niche for expatriates and Cairenes alike who need a helping hand to organize and enjoy the challenges of a sojourn in Cairo The basics of daily life finding a flat transporting personal goods investigating school options for children navigating Egypt's famous bureaucracy and the intricacies of feeding and clothing oneself and one's family from the local market are all detailed here Advice gathered from a wide range of Cairo insiders both native and foreign gives the reader a cornucopia of current facts on prices neighborhoods product availability work and business opportunities and the dizzying range of cultural and leisure pursuits that Cairo is famous for The format of this edition addresses the needs of independently minded tourists as well as residents by the inclusion of an A to Z directory of goods services and interests subdivided by neighborhood a language section on the basics of Cairene Arabic and details on shopping and sightseeing from a resident's perspective Cairo The Practical Guide now in its sixteenth edition is the key to deciphering the complexities of living working and enjoying life in one of the world's most exciting and dauntingly complex mega cities **Physical Therapist Assistant Exam Review Guide** Mark Dutton, 2011-05-11 Begin the task of studying for the National Physical Therapy Examination NPTE for Physical Therapist Assistants PTAs by concentrating on those subject areas where you need the most help Physical Therapist Assistant Exam Review Guide includes a bound in online access code for JB TestPrep PTA Exam Review Both resources provide thorough exam preparation help for physical therapist assistant candidates preparing to sit for the certification exam Physical Therapist Assistant Exam Review Guide incorporates thorough overviews of exam content consistent with the Guide to Physical Therapist Practice and the NPTE for PTAs detailing the fundamentals of the profession the body's systems and therapeutic procedures and providing dedicated chapters on pediatrics geriatrics and pharmacology

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The Unofficial Guide to Las Vegas 2010 Bob Sehlinger, 2009-08-18 In 2008 Las Vegas hosted 37.5 million visitors according to the Las Vegas Convention and Visitors Authority Global Travel Industry News and Forbes Traveler rank Las Vegas as the 2 most popular U.S. destination to visit calling it America's favorite playground The Unofficial Guide to Las Vegas ranks over 100 hotels and casinos the most offered by any other guidebook for the destination providing complete detailed descriptions of each casino hotel **The Entrepreneur's Guide to Advertising** James R. Ogden, Scott Rarick, 2009-12-22 Two experts show entrepreneurs how to execute advertising campaigns and maintain a unified message when advertising and communicating with customers Geared to the fast changing media world of the 21st century The Entrepreneur's Guide to Advertising was written to offer both basic advertising concepts and advanced state of the art information about the new advertising environment In its pages two expert authors walk the entrepreneur through each and every stage necessary to create an integrated and synergistic advertising and marketing communications program This guide covers all of the many facets of advertising as well as the variables that make up the Integrated Marketing Communication IMC mix Most notably the book provides a framework entrepreneurs can use to develop a marketing communication MARCOM plan of their own Readers will come away from The Entrepreneur's Guide to Advertising with an enhanced ability to make research based judgments about their market and a new savvy about their approach to communications Jo Jo's Body Shop & Fitness Studio Jo Jo, 2021-09-09 This is a short autobiography of the rise and fall of a professional athlete who knows her way around a gym As a professional trainer to people and dogs she has honed in on taking each individual through their own path of fitness and wellness through self encouraging tips and workouts to last all year long The book allows for free interaction with JoJo through her website www.jojosbodyshop.com Jo Wyman has a sincere passion for health and fitness

Her knowledge and experience are unparalleled to any other She is a disciplined hardcore world class athlete Yet she s a patient and devoted teacher who helps each client achieve their personal goals regardless of their abilities and limitations Thanks to Jo I am stronger more flexible and healthier than I have ever been in my life Angelia Gilmartin I started training with Jo when I was six months pregnant with my daughter over fifteen years ago Her dedication expertise and commitment to the health of her clients is unprecedented Deborah Singer **Subject Guide to Books in Print** ,1996 The 3-apple-a-day Plan Tammi Flynn,Jeanne Drury,2005 Presents a plan for permanent weight loss that uses the pectin in apples to promote weight loss and includes exercise guidelines meal plans and more than one hundred recipes The Healthy You Diet Dawna Stone,2014-12-23 Even while competing on and eventually winning The Apprentice Martha Stewart Dawna Stone always knew that her first passion was health and fitness She has gone on to gather thousands of loyal fans through her Healthy You Facebook group who are eager to follow her diet plan and cook from her clean eating program The Healthy You Diet is a twofold volume that starts with a 14 day elimination plan that gradually and easily helps readers kick sugar wheat dairy processed foods soda red meat and alcohol to the curb Moving into the clean phase Stone guides readers through a diet free of these foods in order to focus on nourishment and rejuvenation of the body This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Stone s fans coming back for more long after they ve achieved their weight loss goals Stone provides more than 100 deliciously motivating recipes to keep the weight off in a healthy way This book is everything fans need to jumpstart clean habits for life With her motivating text and positive you can do it attitude Dawna Stone will get everyone up out of their weight loss rut and excited to be in the kitchen *Heavy* Helene A. Shugart,2016 This book examines contemporary mainstream cultural discourses or stories of obesity The official personal responsibility obesity discourse does not resonate with the populace prompting a number of competing discourses and practices The tensions engaged in these stories reflect contested notions of authenticity reflecting a broader crisis in neoliberalism **The Advocate** ,1997-03-18 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **The Advocate** ,1996-02-20 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *Sumo* David Benjamin,2011-05-03 Sumo is a fresh and funny introduction to the fascinating world of sumo Japan s national sport Author David Benjamin peels away the veneer of sumo as a cultural treasure and reveals it as an action packed sport populated by superb athletes who employ numerous strategies and techniques to overcome their gargantuan opponents Sumo provides an engaging witty behind the scenes look at sumo today

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