

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

Muscles affected: U, D, 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, U



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, 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, B



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, B



7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Lift one leg straight up, then the other, alternating legs.

Muscles affected: D, U



8. HANGING KIP
Hang from a pull-up bar with arms straight. Swing your legs up and down in a circular motion.

Muscles affected: D, U, B, V, H



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

Muscles affected: D, U, B, V, H



10. TREADMILL CURL
Stand on a treadmill with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

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, 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, U



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



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down, then stand back up.

Muscles affected: D



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then punch it down.

Muscles affected: D, U, B



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, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then extend it back up.

Muscles affected: D



19. CROUCHDOWN FLIP
Stand with feet shoulder-width apart. Crouch down, then flip your body over.

Muscles affected: D, U, B, H



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



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

Muscles affected: D, U, B, H



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, U



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

Muscles affected: D, U, B



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then extend it back up.

Muscles affected: D, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then curl it back up.

Muscles affected: D, U



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

Muscles affected: D, U, B, H



27. KICK BACK
Stand with feet shoulder-width apart. Kick one leg straight back.

Muscles affected: D, U



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and down in a circular motion.

Muscles affected: D, U



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and down in a circular motion.

Muscles affected: D, U



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then curl it back up.

Muscles affected: D, U



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

Muscles affected: D, U, B



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

Muscles affected: D, U, B



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

Muscles affected: D, U, B



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

Muscles affected: D, U, B, H



35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg straight up, then bend it.

Muscles affected: D, U, B, H

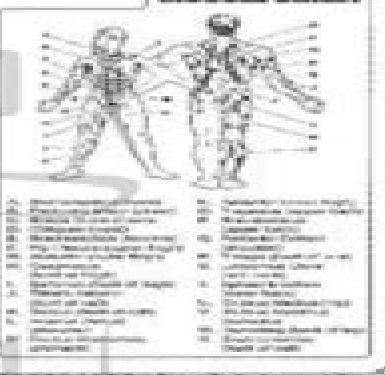


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight up, then shave it.

Muscles affected: D, U, B, H



MUSCLE CHART



Golds Gym Weight System Exercise Guide

Lisa Dorfman



Golds Gym Weight System Exercise Guide:

Whispering the Secrets of Language: An Psychological Quest through **Golds Gym Weight System Exercise Guide**

In a digitally-driven earth wherever screens reign supreme and immediate communication drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words frequently get unheard. However, situated within the pages of **Golds Gym Weight System Exercise Guide** a captivating fictional value pulsating with organic thoughts, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, that enchanting opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the emotional depths with this poignant evaluation, we will embark upon a genuine exploration of the book is key subjects, dissect its interesting publishing fashion, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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Table of Contents Golds Gym Weight System Exercise Guide

1. Understanding the eBook Golds Gym Weight System Exercise Guide
 - The Rise of Digital Reading Golds Gym Weight System Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Golds Gym Weight System Exercise 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 Golds Gym Weight System Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Golds Gym Weight System Exercise Guide
 - Personalized Recommendations

- Golds Gym Weight System Exercise Guide User Reviews and Ratings
- Golds Gym Weight System Exercise Guide and Bestseller Lists
- 5. Accessing Golds Gym Weight System Exercise Guide Free and Paid eBooks
 - Golds Gym Weight System Exercise Guide Public Domain eBooks
 - Golds Gym Weight System Exercise Guide eBook Subscription Services
 - Golds Gym Weight System Exercise Guide Budget-Friendly Options
- 6. Navigating Golds Gym Weight System Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Golds Gym Weight System Exercise Guide Compatibility with Devices
 - Golds Gym Weight System Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Golds Gym Weight System Exercise Guide
 - Highlighting and Note-Taking Golds Gym Weight System Exercise Guide
 - Interactive Elements Golds Gym Weight System Exercise Guide
- 8. Staying Engaged with Golds Gym Weight System Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Golds Gym Weight System Exercise Guide
- 9. Balancing eBooks and Physical Books Golds Gym Weight System Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Golds Gym Weight System Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Golds Gym Weight System Exercise Guide
 - Setting Reading Goals Golds Gym Weight System Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Golds Gym Weight System Exercise Guide
 - Fact-Checking eBook Content of Golds Gym Weight System Exercise 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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