

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 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 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 BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar straight up over your head.

Muscles affected: D, U



8. HANGING DIP
Hang from a bar with arms straight out. Push your body up.

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



9. PULL-UP
Hang from a bar with arms straight out. Pull your body up.

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



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up towards your chest.

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, S



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

Muscles affected: D, L



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

Muscles affected: D, L



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

Muscles affected: D, L



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

Muscles affected: D, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U, S



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar back.

Muscles affected: D, L



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

Muscles affected: D, L, U, S



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

Muscles affected: D, L



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

Muscles affected: D, L, U, S



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 hands shoulder-width apart. Swing the bar.

Muscles affected: D, L, U



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

Muscles affected: D, L



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

Muscles affected: D, L



26. FRONT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar forward.

Muscles affected: D, L, U



27. HELL 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, L, U



28. BAP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Adduct the bar.

Muscles affected: D, L



29. BAP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Adduct the bar.

Muscles affected: D, L



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

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar laterally.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar laterally with a bent arm.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar frontally.

Muscles affected: D, L, U



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar upright.

Muscles affected: D, L, U, S



35. BENT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar with a bent arm.

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

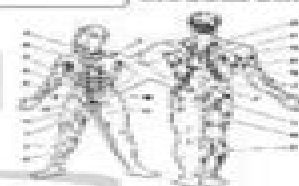


36. SHAVED SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar shaved.

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



MUSCLE CHART



- | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
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| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |

Golds Gym Exercise Guide

J Elliott

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