

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
The bar starts over the head, then is lowered to the chest, and then pressed back up to the starting position.

Muscles affected: D, L, U

2. MILITARY PRESS
The bar starts at the shoulders, then is pressed straight up over the head, and then lowered back to the starting position.

Muscles affected: L, U, B

3. BUTTERFLY
The bar starts at the shoulders, then is lowered to the chest, and then pressed back up to the starting position.

Muscles affected: B, L

4. GOLF SWING
The bar starts at the shoulders, then is swung back and forth in a golfing motion.

Muscles affected: B, L

5. SQUAT
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U

6. ALTERNATE LEG RAISE
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U

7. VERTICAL KICK RAISE
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U

8. KNEELED SQUAT
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

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

9. PULL-UP
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

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

10. TREADMILL CURL
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L



11. LEG PRESS
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

12. LEG EXTENSION
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D

13. LEG CURL
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D

14. AIR CRACK
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D

15. TRICEPS PRESS DOWN
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D

16. BENT ARM PUNCHDOWN
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

17. LAT PULL DOWN
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

18. TRICEPS EXTENSION
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D

19. CROUCHDOWN FLY
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

20. BACK EXTENSION
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D



21. DEAD LIFT
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

22. GOLF SWING
The bar starts at the shoulders, then is swung back and forth in a golfing motion.

Muscles affected: B, L

23. SHOULDER SWING
The bar starts at the shoulders, then is swung back and forth in a shoulder swinging motion.

Muscles affected: B, L, U

24. OVERHEAD EXTENSION
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L

25. REGULATION CURL
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L

26. FRONT KICK
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

27. KICK SWING
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

28. KIP ADDUCTION
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L

29. KIP ADDUCTION
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L

30. STANDING CURL
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L



31. LATERAL RAISE
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

32. BENT LATERAL RAISE
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

33. FRONT RAISE
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

Muscles affected: D, L, U, B

34. UPRIGHT KICK
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

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

35. BENT KICK
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

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

36. SHAVED KICK
The bar starts at the shoulders, then is lowered to the knees, and then pressed back up to the starting position.

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



MUSCLE CHART



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Golds Gym Weight System Exercise Guide

Christian Drosten



Golds Gym Weight System Exercise Guide:

Decoding **Golds Gym Weight System Exercise Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Golds Gym Weight System Exercise Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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