

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 straight up, then the other.

Muscles affected: D, U, B



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

Muscles affected: D, U



8. HANGING KIP
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, U, B, V



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



10. TREADMILL CLIMB
Walk or run on a treadmill. Increase the incline to a steep position.

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



13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Pull the bar up towards your chest.

Muscles affected: D



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down as if you were about to jump.

Muscles affected: D



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

Muscles affected: D



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

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 towards your chest.

Muscles affected: D, U, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar straight up from your shoulders.

Muscles affected: D



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

Muscles affected: D, U, B, V



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Lift your hips off the floor.

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, V



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. Swing your arms back and forth in a circular motion.

Muscles affected: D, U, V



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

Muscles affected: D, U



25. REGULATION 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, U



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

Muscles affected: D, U, B, V



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 over the bar.

Muscles affected: D, U



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, U



30. STANDING 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, 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, bent at the elbow.

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, V



35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg straight up, bent at the elbow.

Muscles affected: D, U, B, V

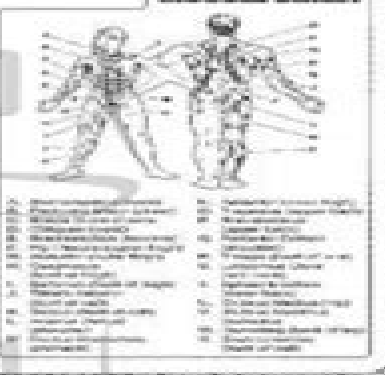


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight up, shaved.

Muscles affected: D, U, B, V



MUSCLE CHART



Golds Gym Weight System Exercise Guide

Jin-Ying Zhang



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