

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS
 This is the most popular exercise in the gym. It is a compound exercise that works the chest, shoulders, and triceps. It is performed by lying on a bench and pressing a weight up from the chest.



2 MILITARY PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



3 BUTTERFLY
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet together.



4 OLYMPIAN PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with the feet together.



5 SQUAT
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and squatting down with the feet shoulder-width apart.



6 INCREASED LEG PRESS
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by lying on a bench and pressing a weight up from the feet.



7 VERTICAL KICK PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with the feet together.



8 HANDED SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with the feet together.



9 PULL UP
 This exercise works the back, shoulders, and biceps. It is performed by hanging from a bar and pulling the body up.



10 TRICEPS CURL
 This exercise works the triceps. It is performed by standing and curling a weight up from the waist.



11 LEG PRESS
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by lying on a bench and pressing a weight up from the feet.



12 LEG EXTENSION
 This exercise works the quadriceps. It is performed by lying on a bench and extending a weight up from the feet.



13 LEG CURL
 This exercise works the hamstrings and glutes. It is performed by lying on a bench and curling a weight up from the feet.



14 AIR CROUCH
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and crouching down.



15 TRICEPS PRESS DOWN
 This exercise works the triceps. It is performed by standing and pressing a weight down from the shoulders.



16 BENT AND PUNCHING
 This exercise works the shoulders and triceps. It is performed by standing and punching a weight up from the shoulders.



17 LAY PULL DOWN
 This exercise works the back, shoulders, and biceps. It is performed by standing and pulling a weight down from a bar.



18 TRICEPS EXTENSION
 This exercise works the triceps. It is performed by standing and extending a weight up from the waist.



19 OVERHEAD PULL
 This exercise works the back, shoulders, and biceps. It is performed by standing and pulling a weight up from the floor.



20 BRACH EXTENSION
 This exercise works the triceps. It is performed by standing and extending a weight up from the waist.



21 DEAD LIFT
 This exercise works the back, shoulders, and biceps. It is performed by standing and lifting a weight up from the floor.



22 BUCK BEND
 This exercise works the back, shoulders, and biceps. It is performed by standing and bending over to pick up a weight.



23 SHOULDER PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



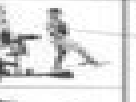
24 OVERHEAD EXTENSION
 This exercise works the triceps. It is performed by standing and extending a weight up from the waist.



25 ROTATION
 This exercise works the back, shoulders, and biceps. It is performed by standing and rotating a weight up from the floor.



26 FRONT KICK
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and kicking a weight up from the floor.



27 KNEE BUCK
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and bucking a weight up from the floor.



28 REP ARCHING
 This exercise works the back, shoulders, and biceps. It is performed by standing and arching a weight up from the floor.



29 REP ARCHING
 This exercise works the back, shoulders, and biceps. It is performed by standing and arching a weight up from the floor.



30 STANDING CURL
 This exercise works the biceps. It is performed by standing and curling a weight up from the waist.



31 LATERAL RAISE
 This exercise works the shoulders. It is performed by standing and raising a weight up from the side.



32 BENT LATERAL RAISE
 This exercise works the shoulders. It is performed by standing and raising a weight up from the side with the back bent.



33 FRONT RAISE
 This exercise works the shoulders. It is performed by standing and raising a weight up from the front.



34 UPRIGHT ROW
 This exercise works the shoulders and triceps. It is performed by standing and pulling a weight up from the floor.



35 BENT ROW
 This exercise works the back, shoulders, and biceps. It is performed by standing and pulling a weight up from the floor with the back bent.



36 SHAVED ROW
 This exercise works the back, shoulders, and biceps. It is performed by standing and pulling a weight up from the floor.



MUSCLE CHART

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Golds Gym Exercise Guide

Ed Connors



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