

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, W



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: L, U, W



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 the bar to your thighs, then stand back up.

Muscles affected: D, L, U, W



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, L, U, W



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

Muscles affected: D, L



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, L, U, W, H, B



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, L, U, W, H, B



10. TREADMILL 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, L



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, L, U, W



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, L



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, 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. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



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, L, U, W



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, L, U, W



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, L



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

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



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, L



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, L, U, W



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, L



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, L, U



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, L, 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, L



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L



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, L



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, L



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, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L, U, W

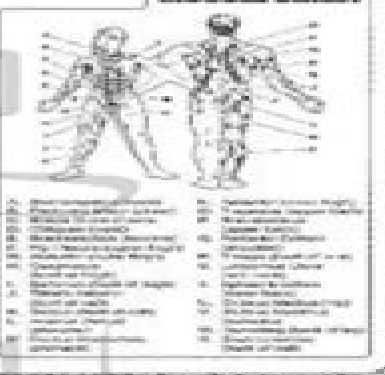


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight up, then shave it.

Muscles affected: D, L, U, W



MUSCLE CHART



Gold Gym Mass Guide

Hongru Du

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Table of Contents Gold Gym Mass Guide

1. Understanding the eBook Gold Gym Mass Guide
 - The Rise of Digital Reading Gold Gym Mass Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Gold Gym Mass 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 Gold Gym Mass Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Gold Gym Mass Guide
 - Personalized Recommendations
 - Gold Gym Mass Guide User Reviews and Ratings
 - Gold Gym Mass Guide and Bestseller Lists

5. Accessing Gold Gym Mass Guide Free and Paid eBooks
 - Gold Gym Mass Guide Public Domain eBooks
 - Gold Gym Mass Guide eBook Subscription Services
 - Gold Gym Mass Guide Budget-Friendly Options
6. Navigating Gold Gym Mass Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Gold Gym Mass Guide Compatibility with Devices
 - Gold Gym Mass Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gold Gym Mass Guide
 - Highlighting and Note-Taking Gold Gym Mass Guide
 - Interactive Elements Gold Gym Mass Guide
8. Staying Engaged with Gold Gym Mass Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gold Gym Mass Guide
9. Balancing eBooks and Physical Books Gold Gym Mass Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gold Gym Mass Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Gold Gym Mass Guide
 - Setting Reading Goals Gold Gym Mass Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gold Gym Mass Guide
 - Fact-Checking eBook Content of Gold Gym Mass 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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web oct 31 2023 under mumbai skies while local trains rushed from the nearby churchgate station a few indian cricketers limbered up inside the wankhede stadium up in the stands a sachin tendulkar statue set to be unveiled on wednesday was getting the finishing touches the maestro stood frozen in his lofted shot all power and panache

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