

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: L, U, 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, L

4. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a golfing 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

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, L, U

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

Muscles affected: D, L

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

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

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

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

10. TREADMILL CLIMB
Walk or run on a treadmill.

Muscles affected: D, L



11. LEG PRESS
Lies on your back with knees bent and feet flat on the floor. Press the bar straight up.

Muscles affected: D, L, U, B

12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend one leg straight out.

Muscles affected: D

13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Curl one leg up.

Muscles affected: D

14. AIR CRACK
Stand with feet shoulder-width apart. Crack your knees together.

Muscles affected: D

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

Muscles affected: D

16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch one arm straight down.

Muscles affected: D, L, U

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

Muscles affected: D, L, U

18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Extend one arm straight out.

Muscles affected: D

19. CROUCHDOWN FLIP
Crouch down and flip.

Muscles affected: D, L, U, B

20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend one leg straight out.

Muscles affected: D



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

Muscles affected: D, L, U, B

22. GOLF SWING
Stand with feet shoulder-width apart. Swing the club back and forth.

Muscles affected: D, L

23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing one arm straight out.

Muscles affected: D, L, U

24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Extend one arm straight out.

Muscles affected: D, L

25. REGULATION CURL
Stand with feet shoulder-width apart. Curl one arm up.

Muscles affected: D, L

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

Muscles affected: D, L, U

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. Adduct your legs.

Muscles affected: D, L

29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Adduct your legs.

Muscles affected: D, L

30. STANDING CURL
Stand with feet shoulder-width apart. Curl one arm up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Raise one arm straight out.

Muscles affected: D, L, U

32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Raise one arm straight out.

Muscles affected: D, L, U

33. FRONT RAISE
Stand with feet shoulder-width apart. Raise one arm straight out.

Muscles affected: D, L, U

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

Muscles affected: D, L, U, B

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

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

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

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



MUSCLE CHART



- 1. Neck
- 2. Shoulder
- 3. Chest
- 4. Back
- 5. Hip
- 6. Leg
- 7. Arm
- 8. Hand
- 9. Foot
- 10. Head
- 11. Neck
- 12. Shoulder
- 13. Chest
- 14. Back
- 15. Hip
- 16. Leg
- 17. Arm
- 18. Hand
- 19. Foot
- 20. Head

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Golds Gym Weight System Exercise Guide:

Whispering the Secrets of Language: An Emotional Journey through **Golds Gym Weight System Exercise Guide**

In a digitally-driven earth where displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases frequently get unheard. Yet, located within the pages of **Golds Gym Weight System Exercise Guide** a captivating literary value pulsating with fresh feelings, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this enchanting opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the emotional depths of this touching review, we shall embark upon a honest exploration of the book is primary subjects, dissect their fascinating writing fashion, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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