

# 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: D, U, S



**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 up, then the other, alternating legs.

Muscles affected: D, L, U



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

Muscles affected: D, U



**8. HANGING KIP**  
Hang from a pull-up bar with arms straight. Swing your legs up and down in a kicking motion.

Muscles affected: D, L, U, S, H, K



**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, S, H



**10. TREADMILL CURL**  
Stand on a treadmill 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



**11. LEG PRESS**  
Lies on your back with knees bent and feet flat on the floor. Push the bar straight up from your thighs.

Muscles affected: D, L, U, S



**12. LEG EXTENSION**  
Lies on your back with knees bent and feet flat on the floor. Push the bar straight 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: H



**14. AIR CROUCH**  
Stand with feet shoulder-width apart. Crouch down low to the ground, then stand back up.

Muscles affected: D



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

Muscles affected: U



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

Muscles affected: U, S, H



**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, L, U, S



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

Muscles affected: U



**19. CROUCHDOWN PLY**  
Stand with feet shoulder-width apart. Crouch down low to the ground, then stand back up.

Muscles affected: D, L, U, S



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

Muscles affected: H



**21. DEAD LIFT**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar straight up from the ground.

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



**22. 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



**23. SHOULDER SWING**  
Stand with feet 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. Extend the bar straight back from your shoulders.

Muscles affected: 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, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



**28. KIP ADDUCTION**  
Hang from a pull-up bar with arms straight. Swing your legs up and down in a kicking 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 kicking motion.

Muscles affected: D, L



**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, 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 the other, alternating arms.

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

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



**35. BENT KICK**  
Stand with feet shoulder-width apart. Kick one leg straight up in the air, then the other, alternating legs.

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

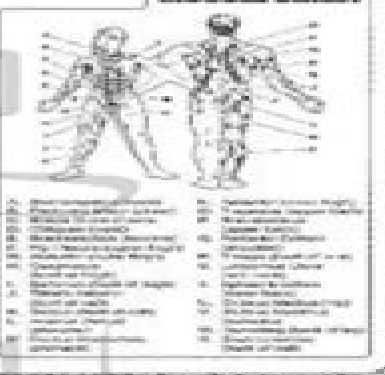


**36. SHAVED KICK**  
Stand with feet shoulder-width apart. Kick one leg straight up in the air, then the other, alternating legs.

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



### MUSCLE CHART



# **Golds Gym Exercise Guide**

**Ken Sprague, Bill Reynolds**



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