

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Place your elbows on the handles and lean back slightly. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M



2 MILITARY PRESS

Place the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, M



3 BUTTERFLY

Sit on the seat and place your arms on the butterfly arms as shown. Press the handles apart. Return each other until the pads touch. Return to the starting position.

Muscles affected: B, L



4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides and raise up on your heels. Do not lean forward. Return to the starting position.

Muscles affected: K, B



5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly lower your legs as shown. Do not allow your knees to fall inward or outward. Return to the starting position.

Muscles affected: H, L, V, M



6 ALTERNATE LEG RAISE

Place the 1000 series with your back to the system and your arms supporting your weight. Lower your right leg until it is parallel with your back. Should remain up your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, M



7 VERTICAL KNEE RAISE

Place the 1000 series with your back to the system and your arms supporting your weight. Straighten your legs and lift as high as they will go. Keep your feet on the floor at all times. Return to the starting position.

Muscles affected: F, M



8 ASSISTED DIP

Select the desired weight setting. Grasp the air handles, with your arms extended and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, R, Q, R, B



9 PULL-UP

Grab the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

Muscles affected: C, E, D, P, B



10 PREACHER CURL

Sit on the seat and rest your arms on the front pad. Hold the lat bar with an underhand grip and extend your arms. Slowly curl the lat bar toward your chest. Return to the starting position.

Muscles affected: C, B



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the handles up toward your feet. Fully extend them. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, M, K



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: M



13 LEG CURL

Stand with the back of one leg resting against one of the seats on the lever. Place the leg lever by leaning your back flat on the lever. Return to the starting position.

Muscles affected: M



14 AB CRUNCH

Attach the ab strap to the ab cable. Hold the ab straps over your shoulders. Lie on the floor, tucking all your feet and keeping your back straight.

Muscles affected: M



15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms straight. Return to the starting position.

Muscles affected: B, M



16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Attach the bar with an overhand grip. Your hands shoulder-width apart. With your arms straight, push the lat bar toward your legs. Return to the starting position.

Muscles affected: B, P, R, B



17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms as shown. Hold the ends of the lat bar with an overhand grip. Pull the lat bar down in front of your feet. Return to the starting position.

Muscles affected: C, E, P, B



18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: B, M



19 CROSSOVER FLY

Attach the handles to the cables. Stand with your arms and feet shoulder-width apart and hold the handles as shown. Keep your feet close to the floor and the handles in front of you in a hugging position. Return to the starting position.

Muscles affected: B, L, D, B



20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhand grip as shown. Keep your back straight and bend back at your heels. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Stand with your knees and feet shoulder-width apart and hold the lat bar with an overhand grip. Keep your legs straight, keeping your arms and back straight, and your feet up. Return to the starting position.

Muscles affected: E, H, T, V, M



22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward and hold the handle with your other arm straight. Bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M



23 SHOULDER SHRUG

Attach the lat bar to the low cable. Stand with your arms and feet shoulder-width apart and hold the lat bar with an overhand grip. Keep your arms at your sides, lifting your shoulders up until your arms are straight. Return to the starting position.

Muscles affected: E, D, P



24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, B



25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhand grip. Keep your elbow at your side and lift the handle toward your chest. Return to the starting position.

Muscles affected: C, B



26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart and lift the ankle strap. Keep your leg straight and raise it upward as shown. Return to the starting position.

Muscles affected: E, D, P, B



27 HEEL KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart and lift the heel strap. Keep your leg straight and raise it upward as shown. Return to the starting position.

Muscles affected: D, V, M



28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and move your middle leg into the ankle strap. Keep your leg straight and raise it to the side. Return to the starting position.

Muscles affected: L, B



29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and move your outside leg into the ankle strap. Keep your leg straight and raise it to the side. Return to the starting position.

Muscles affected: B, V



30 STRAIGHTENING CURL

Attach the lat bar to the low cable. Stand with your feet shoulder-width apart and hold the lat bar with an underhand grip. Keep your arms at your sides and curl the lat bar toward your chest. Return to the starting position. To vary the exercise, hold the lat bar with an overhand grip.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm and hold the handle with your other arm straight. Bend the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q



32 BENT LATERAL RAISE

Attach the handle to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle with your other arm straight. Bend the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: Q, Q



33 FRONT RAISE

Attach the lat bar to the low cable. Extend one arm downward and hold the lat bar with an overhand grip. Keeping your arm straight, raise the lat bar to your shoulder. Return to the starting position.

Muscles affected: L, P, Q



34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Bend your arms upward and back. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q



35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and hold the handle with an overhand grip. Bend your arms upward and pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E, D, P, Q, S, T



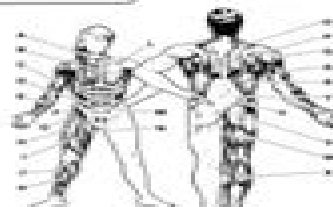
36 SEATED ROW

Attach the curl bar to the low cable. Sit on the Row and hold the curl bar with an overhand grip. Pull the curl bar to your chest and back. Return to the starting position.

Muscles affected: C, E, D, P, Q, S, T



MUSCLE CHART



- | | |
|-------------------------------|----------------------------|
| A. Deltoid (back) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboid |
| D. Triceps (back of arm) | Q. Latissimus Dorsi |
| E. Deltoid (front) | R. Erector Spinae |
| F. Pectoralis Minor (chest) | S. Gastrocnemius |
| G. Quadriceps | T. Neck |
| H. Hamstring | U. Erector Spinae |
| I. Soleus (back of thigh) | V. Gluteus Maximus |
| J. Soleus (front of calf) | W. Gluteus Medius |
| K. Soleus (back of calf) | X. Gluteus Minimus |
| L. Gastrocnemius | Y. Hamstring (back of leg) |
| M. Rectus Abdominus (stomach) | Z. Gastrocnemius |

Gold Gym Weight System Exercise Guide

WJ Hussar



Gold Gym Weight System Exercise Guide:

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

The Gold's Gym Guide to Getting Started in Bodybuilding Ed Housewright,2004-08 Publisher Description *The Men's Health Guide To Peak Conditioning* Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

Make a Fitness Plan The Experts at Gold's Gym,2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This

comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes [Train for Strength](#) The Experts at

Gold's Gym,2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they re training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength *Bowker's*

Complete Video Directory ,2000 **The Official Gold's Gym Beginner's Guide to Fitness** David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food [The Handsome Man's Guide to Being Handsome](#) Kevin Shively,2011-12-12 Hello ladies This book is not for

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Grand Strand Janice McDonald,2009-12-22 *Insiders Guide to St Myrtle Beach and the Grand Strand* is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true

insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment

The Gold's Gym Book of Bodybuilding Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip

The Jones Guide to Fitness & Health in New York Kathy Myers Jones,1995 Having a bad hair day Deborah Blumenthal former beauty editor at the New York Times Magazine has written the ultimate Baedeker to beauty The New York Book of Beauty revealing the city s best sources for haircuts and color fragrances facials and manicures spas and workouts massages beauty supplies and even beauty on a budget Feeling out of shape Kathy Myers Jones conducted over 150 interviews and researched over 100 fitness options aerobics yoga medication tai chi swimming tennis rock climbing and more in and around the city for two years before penning The Jones Guide to Fitness and Health in New York

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The Insiders' Guide to South Carolina's Myrtle Beach & the Grand Strand Kimberly D. Altman,Denise Mullen,1996-04 *The Video Source Book* David J. WEINER,1990

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