

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, L, U



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.

Muscles affected: D, L



8. KNEELED SQUAT
Kneel on your knees 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, L, R



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up until your chin is over the bar.

Muscles affected: D, L, U, L, R



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. Press the bar straight up over your head.

Muscles affected: D, L, U



12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend your legs straight out in front of you.

Muscles affected: D



13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Curl your legs up towards your chest.

Muscles affected: D



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other.

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 over your head.

Muscles affected: D



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

Muscles affected: D, L, U



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



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend your arms straight out in front of you.

Muscles affected: D



19. CROUCHDOWN PLY
Crouch down with feet shoulder-width apart. Push your body up from the crouch.

Muscles affected: D, L, U, L, R



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend your back straight out in front of you.

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar straight up over your head.

Muscles affected: D, L, U, L, R



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. 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. Extend your arms straight out in front of you.

Muscles affected: D, L



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 out in front of you, then the other.

Muscles affected: D, L, U



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

Muscles affected: D, L



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Adduct your knees towards your chest.

Muscles affected: D, L



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Adduct your knees towards your chest.

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, then the other.

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.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm straight out in front of you, then the other.

Muscles affected: D, L, U



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

Muscles affected: D, L, U, L, R



35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg straight out in front of you, then the other.

Muscles affected: D, L, U, L, R

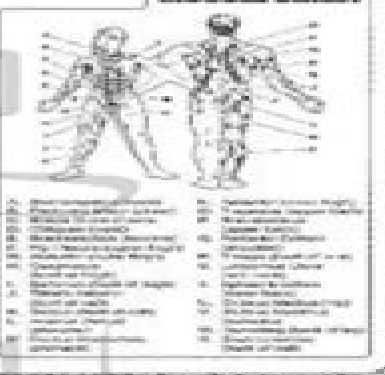


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight out in front of you, then the other.

Muscles affected: D, L, U, L, R



MUSCLE CHART



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**Zach Hanner, Pamela Watson, Kate
Walsh, Rebecca Pierre**



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2 let customers know well in advance

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web jul 27 2023 updated july 27 2023 a rate increase letter also known as a price increase letter is a formal announcement of price changes from a business to its clients in a client facing role you may need to write rate increase letters to provide information about the rising prices and promote goodwill and an ongoing relationship