

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, B

3. BUTTERFLY
Lies on your back with knees bent and feet flat on the floor. Grip the bar with hands shoulder-width apart. Press the bar straight up over your head.

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 your body down, then push 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.

Muscles affected: D, L, U

7. VERTICAL BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up to your chest.

Muscles affected: D, L

8. HANGING DIP
Hang from a bar with arms straight out. Push your body up.

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

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

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

10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up to your chest.

Muscles affected: D, L



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

Muscles affected: D, L, U, B

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

Muscles affected: D

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

Muscles affected: D

14. AIR CRACK
Stand with feet shoulder-width apart. Crack your legs in the air.

Muscles affected: D

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

Muscles affected: D

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

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.

Muscles affected: D, L, U

18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar back.

Muscles affected: D

19. CROUCHING FLY
Crouch with feet shoulder-width apart. Fly your arms out.

Muscles affected: D, L, U, B

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

Muscles affected: D



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

Muscles affected: D, L, U, B

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

Muscles affected: D, L

23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar.

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 overhead.

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.

Muscles affected: D, L

26. FRONT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar forward.

Muscles affected: D, L, U

27. HELL SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar in a circular motion.

Muscles affected: D, L

28. BAP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Adduct the bar.

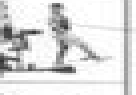
Muscles affected: D, L

29. BAP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Adduct the bar.

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.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar laterally.

Muscles affected: D, L, U

32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar laterally.

Muscles affected: D, L, U

33. FRONT RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar forward.

Muscles affected: D, L, U

34. UPRIGHT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar upright.

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

35. BENT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar bent.

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

36. SHAVED SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar shaved.

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



MUSCLE CHART

1. Neck
2. Shoulder
3. Upper Arm
4. Forearm
5. Wrist
6. Hand
7. Fingers
8. Thumb
9. Hip
10. Thigh
11. Knee
12. Lower Arm
13. Ankle
14. Foot
15. Toe
16. Neck
17. Shoulder
18. Upper Arm
19. Forearm
20. Wrist
21. Hand
22. Fingers
23. Thumb
24. Hip
25. Thigh
26. Knee
27. Lower Arm
28. Ankle
29. Foot
30. Toe

Golds Gym Exercise Guide

The Experts at Gold's Gym



Golds Gym Exercise Guide:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Golds Gym Exercise Guide**

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