

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
The bar starts over the head, then is lowered to the chest, and then pushed back up. The bar is held with both hands, and the feet are planted firmly on the floor.



2. MILITARY PRESS
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



3. BUTTERFLY
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



4. GOLF SWING
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



5. SQUAT
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



6. ALTERNATE LEG RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



7. VERTICAL KICK RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



8. HANGING KIP
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



9. PULL-UP
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



10. TREADMILL CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



11. LEG PRESS
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



12. LEG EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



13. LEG CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



14. AIR CROUCH
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



15. TRICEPS PRESS DOWN
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



16. BENT ARM PUNCHDOWN
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



17. LAT PULL DOWN
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



18. TRICEPS EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



19. CROUCHDOWN FLIP
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



20. BACK EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



21. DEAD LIFT
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



22. GOLF SWING
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



23. SHOULDER SWING
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



24. OVERHEAD EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



25. REGULATION CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



26. FRONT KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



27. KICK BACK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



28. KIP ADDUCTION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



29. KIP ADDUCTION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



30. STANDING CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



31. LATERAL RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



32. BENT LATERAL RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



33. FRONT RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



34. UPRIGHT KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



35. BENT KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



36. SHAVED KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.



MUSCLE CHART



Gold Gym Mass Guide

IM Harris



Gold Gym Mass Guide:

Gold Gym Mass Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Gold Gym Mass Guide**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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