

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. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: L, 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. 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 circular motion.

Muscles affected: L, U



5. SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: L, U, B



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: L, U, B



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

Muscles affected: L, U



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

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



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: L, U, B, D, L



10. TREADMILL CLIMB
Walk or run on a treadmill. Increase the incline to make it more challenging.

Muscles affected: L, U



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

Muscles affected: L, U, B



12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: L, U



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: L



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down low to the ground.

Muscles affected: L



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Push the bar down from your shoulders.

Muscles affected: L



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

Muscles affected: L, U, B



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Pull the bar down from above your head.

Muscles affected: L, U, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Push the bar up from your shoulders.

Muscles affected: L



19. CROUCHDOWN PLY
Stand with feet shoulder-width apart. Crouch down low to the ground.

Muscles affected: L, U, B, D



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: L



21. DEAD LIFT
Stand with feet shoulder-width apart. Lift the bar from the floor to your knees.

Muscles affected: L, U, B, D



22. 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: L, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: L, U, B



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Push the bar up from your shoulders.

Muscles affected: L, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Curl the bar up from your knees.

Muscles affected: L



26. FRONT KICK
Stand with feet shoulder-width apart. Kick the bar forward with your leg.

Muscles affected: L, U, B, D



27. KICK BACK
Stand with feet shoulder-width apart. Kick the bar back with your leg.

Muscles affected: L, U



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

Muscles affected: L, U



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

Muscles affected: L, U



30. STANDING CURL
Stand with feet shoulder-width apart. Curl the bar up from your knees.

Muscles affected: L, U



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift the bar up to your shoulders.

Muscles affected: L, U, B



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift the bar up to your shoulders.

Muscles affected: L, U, B



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift the bar up to your shoulders.

Muscles affected: L, U, B



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick the bar up straight.

Muscles affected: L, U, B, D



35. BENT KICK
Stand with feet shoulder-width apart. Kick the bar up straight.

Muscles affected: L, U, B, D

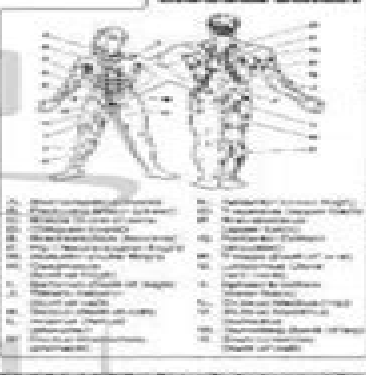


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick the bar up straight.

Muscles affected: L, U, B, D



MUSCLE CHART



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ML Yell



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