

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, W



2. MILITARY PRESS
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it straight up.

Muscles affected: L, U, W



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 bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

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 chest, then press it back up.

Muscles affected: D, L, U, W



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, W



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

Muscles affected: D, L



8. HANGING KIP
Hang from a bar with arms straight. Swing your legs up and over the bar.

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



9. PULL-UP
Hang from a bar with arms straight. Pull your body up until your chin is over the bar.

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



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

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, W



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

Muscles affected: D, L



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

Muscles affected: D, L



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down, then stand up.

Muscles affected: D, L



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U, W



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar down to your chest.

Muscles affected: D, L, U, W



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



19. CROUCHDOWN PLY
Stand with feet shoulder-width apart. Crouch down, then stand up.

Muscles affected: D, L, U, W



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

Muscles affected: D, L



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

Muscles affected: D, L, U, W



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



26. FRONT KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other.

Muscles affected: D, L, U, W



27. KICK BACK
Stand with feet shoulder-width apart. Lift one leg up, then the other.

Muscles affected: D, L



28. KIP ADDUCTION
Hang from a bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, L



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up, then the other.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up, then the other.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm up, then the other.

Muscles affected: D, L, U



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other.

Muscles affected: D, L, U, W



35. BENT KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other.

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

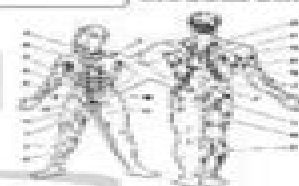


36. SHAVED KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other.

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



MUSCLE CHART



- 1. Neck
- 2. Shoulder
- 3. Chest
- 4. Triceps
- 5. Back
- 6. Hip
- 7. Thigh
- 8. Leg
- 9. Foot
- 10. Arm
- 11. Forearm
- 12. Wrist
- 13. Hand
- 14. Finger
- 15. Toe
- 16. Ankle
- 17. Knee
- 18. Hip
- 19. Pelvis
- 20. Sacrum
- 21. Coccyx
- 22. Spine
- 23. Neck
- 24. Head
- 25. Face
- 26. Jaw
- 27. Teeth
- 28. Tongue
- 29. Throat
- 30. Larynx
- 31. Trachea
- 32. Esophagus
- 33. Stomach
- 34. Liver
- 35. Gallbladder
- 36. Pancreas
- 37. Spleen
- 38. Lung
- 39. Heart
- 40. Aorta
- 41. Ventricle
- 42. Septum
- 43. Diaphragm
- 44. Pleura
- 45. Pericardium
- 46. Peritoneum
- 47. Mesentery
- 48. Omentum
- 49. Mesocolon
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- 58. Mesenteric
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Golds Gym Weight System Exercise Guide

J Elliott



Golds Gym Weight System Exercise Guide:

The Enigmatic Realm of **Golds Gym Weight System Exercise Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Golds Gym Weight System Exercise Guide** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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Table of Contents Golds Gym Weight System Exercise Guide

1. Understanding the eBook Golds Gym Weight System Exercise Guide
 - The Rise of Digital Reading Golds Gym Weight System Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Golds Gym Weight System Exercise Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Golds Gym Weight System Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Golds Gym Weight System Exercise Guide
 - Personalized Recommendations
 - Golds Gym Weight System Exercise Guide User Reviews and Ratings

- Golds Gym Weight System Exercise Guide and Bestseller Lists
- 5. Accessing Golds Gym Weight System Exercise Guide Free and Paid eBooks
 - Golds Gym Weight System Exercise Guide Public Domain eBooks
 - Golds Gym Weight System Exercise Guide eBook Subscription Services
 - Golds Gym Weight System Exercise Guide Budget-Friendly Options
- 6. Navigating Golds Gym Weight System Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Golds Gym Weight System Exercise Guide Compatibility with Devices
 - Golds Gym Weight System Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Golds Gym Weight System Exercise Guide
 - Highlighting and Note-Taking Golds Gym Weight System Exercise Guide
 - Interactive Elements Golds Gym Weight System Exercise Guide
- 8. Staying Engaged with Golds Gym Weight System Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Golds Gym Weight System Exercise Guide
- 9. Balancing eBooks and Physical Books Golds Gym Weight System Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Golds Gym Weight System Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Golds Gym Weight System Exercise Guide
 - Setting Reading Goals Golds Gym Weight System Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Golds Gym Weight System Exercise Guide
 - Fact-Checking eBook Content of Golds Gym Weight System Exercise Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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