

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. Press the bar straight up over your head.

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 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 squat 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, alternating legs.

Muscles affected: D, L, U, W



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

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 squat back up.

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



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

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



10. TREADMILL CURL
Stand on a treadmill 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. Push the bar straight up from your thighs.

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 straight up from your thighs.

Muscles affected: D, L



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

Muscles affected: D, L



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

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 punch it down.

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 extend it back up.

Muscles affected: D, L



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

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



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

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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.

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 extend it back up.

Muscles affected: D, L



25. REGULATION 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



26. FRONT KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L, U, W



27. KICK BACK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

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 curl it back up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side, then the other, alternating arms.

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, alternating arms.

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U, W



35. BENT KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

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

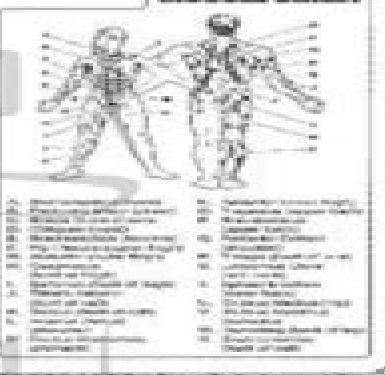


36. SHAVED KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

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



MUSCLE CHART



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SA Adler



Golds Gym Exercise Guide:

The Official Gold's Gym Beginner's Guide to Fitness David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food **The Total Fitness Manual** Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold's Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold's Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today **The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright, 2004-08 Publisher Description **The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover **The Gold's Gym Training Encyclopedia** Peter Grymkowski, 1984 The Gold's Gym Training Encyclopedia is the best book of its kind I wish I'd had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold's Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilders only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim

Kimber are co owners of Gold's Gym Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including *The Gold's Gym Book of Bodybuilding Weight Training for Beginners* and *Bodybuilding for Beginners* all published by Contemporary

VIVA Travel Guides Rick Segreda, Paula Newton, Lorraine Caputo, 2009 A guidebook that contains reports and travel conditions in the areas South of Lima devastated by the August 2007 Pisco Earthquake It helps visitors to explore Peru's ruins including the Ollantaytambo Cusco the fortress of Kuelap and also the white city of Arequipa surrounded by snow capped volcanoes

Make a Fitness Plan The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes

Insiders' Guide® to Myrtle Beach and the Grand Strand Janice McDonald, 2009-12-22 *Insiders Guide to St Myrtle Beach and the Grand Strand* is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment

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VIVA Travel Guides Machu Picchu and Cusco Paula Newton, 2011-02 This is the most up to date book on visiting Machu Picchu Cusco and the Sacred Valley available period VIVA is the one guide you'll need to get the most out of your trip to Machu Picchu and the Inca empire Written by Cusco experts in this book you can Explore Machu Picchu using the self guided tour and color map Go beyond sightseeing and truly understand the ruins and Inca culture Trek the Inca Trail or one of the many Inca Trail alternatives while having a minimal impact on the environment Immerse yourself in Cusco life by using the extensive information on studying spanish volunteering working and living Taste local Peruvian cuisine in world famous restaurants or track down cheap good eats while live Andean music fills the streets Find all the nuts and bolts you need to navigate your way from the streets of Lima to the gates of Machu Picchu Stay safe with the most up to date guide available continuously updated by the VIVA community on the www.vivatravelguides.com website

Insiders' Guide® to Greater Fort Lauderdale Caroline Sieg, Steve Winston, 2010-12-21 A first edition *Insiders Guide to Greater Fort Lauderdale* is the essential source for in depth travel and relocation information to this beautiful

Florida region Written by a local and true insider this guide offers a personal and practical perspective of Fort Lauderdale and its surrounding environs **Plunkett's Sports Industry Almanac 2009** Jack W. Plunkett, 2008 A guide to the business side of sports teams marketing and equipment a tool for strategic planning competitive intelligence employment searches or financial research It contains trends statistical tables and an industry glossary It includes over 350 one page profiles of sports industry firms companies and organizations *Cairo* Claire E. Francy, Lesley Lababidi, 2008-06 The guide described by The New York Times as indispensable revised and updated for 2008 fills a vital niche for expatriates and Cairenes alike who need a helping hand to organize and enjoy the challenges of a sojourn in Cairo The basics of daily life finding a flat transporting personal goods investigating school options for children navigating Egypt's famous bureaucracy and the intricacies of feeding and clothing oneself and one's family from the local market are all detailed here Advice gathered from a wide range of Cairo insiders both native and foreign gives the reader a cornucopia of current facts on prices neighborhoods product availability work and business opportunities and the dizzying range of cultural and leisure pursuits that Cairo is famous for The format of this edition addresses the needs of independently minded tourists as well as residents by the inclusion of an A to Z directory of goods services and interests subdivided by neighborhood a language section on the basics of Cairene Arabic and details on shopping and sightseeing from a resident's perspective *Cairo The Practical Guide* now in its sixteenth edition is the key to deciphering the complexities of living working and enjoying life in one of the world's most exciting and dauntingly complex mega cities The Gold's Gym Book of Bodybuilding Ken Sprague, Bill Reynolds, 1983 This book includes more than 150 profiles of the sport's greatest bodybuilders both past and present who have trained at Gold's each featuring a workout routine or training tip The Unofficial Guide to Las Vegas 2015 Bob Sehlinger, 2014-08-18 With insightful writing up to date reviews of major attractions and a lot of local knowledge The Unofficial Guide to Las Vegas by Bob Sehlinger has it all Compiled and written by a team of experienced researchers whose work has been cited by such diverse sources as USA Today and Operations Research Forum The Unofficial Guide to Las Vegas digs deeper and offers more than can any single author This is the only guide that explains how Las Vegas works and how to use that knowledge to make every minute and every dollar of your time there count With advice that is direct prescriptive and detailed it takes out the guesswork Eclipsing the usual list of choices it unambiguously rates and ranks everything from hotels restaurants and attractions to rental car companies With The Unofficial Guide to Las Vegas you know what's available in every category from the best to the worst The reader also finds fascinating sections about the history of the town and chapters on gambling The Unofficial Guide to Las Vegas emphasizes how to have fun and understand the crazy environment that is today's Vegas It's a keeper Bringing Home the Gold Grades 9-12 John S. Morton, Mark C. Schug, 2001 Bringing Home the Gold contains 22 activity-based lessons for high school students Students make important financial decisions about earning an income saving and spending using credit and budgeting This publication contains instructions for teaching the lessons *Gold's Gym Mass*

Building, Training, and Nutrition System Ed Connors, 1992 Bodybuilders around the world look to Gold's Gym for state of the art instruction This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves Arnold Schwarzenegger Lee Haney Lou Ferrigno Lee Labrada Debby McKnight and others 250 photographs

The Rough Guide to San Francisco and the Bay Area Rough Guides, 2013-01-17 Full colour throughout The Rough Guide to San Francisco and the Bay Area is the ultimate travel guide to the colourful Californian capital and its stunning surroundings With 30 years experience and our trademark tell it like it is writing style Rough Guides cover all the basics with practical on the ground details as well as unmissable alternatives to the usual must see sights At the top of your to pack list and guaranteed to get you value for money each guide also reviews the best accommodation and restaurants in all price brackets We know there are times for saving and times for splashing out In The Rough Guide to San Francisco and the Bay Area Over 50 colour coded maps featuring every listing Area by area chapter highlights Top 5 boxes Things not to miss section Make the most of your trip with The Rough Guide to San Francisco and the Bay Area Now available in ePub format

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ACSM's Fitness Assessment Manual American College of Sports Medicine, 2021-05-18 Published by the American College of Sports Medicine ACSM's Fitness Assessment Manual builds on the standards established in ACSM's Guidelines for Exercise Testing and Prescription 11th Edition With a focus on assessment this new 6th edition is organized by component of fitness body composition cardiorespiratory fitness muscular fitness flexibility and by type of testing maximal and submaximal exercise testing ECG and metabolic calculations Updated coverage throughout in a user friendly format makes this an essential resource for those studying to enter the fitness and rehabilitation fields as well as those already working who need to align their practice to industry standards

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