

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 stand 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 BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up to your chest, then lower it.

Muscles affected: D, L



8. HANGING KIP
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

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



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

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



10. TREADMILL CURL
Stand on a treadmill 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, W



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 towards your chest.

Muscles affected: D



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg up and over the other, then the other leg.

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 from your chest.

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 from your chest.

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. Extend the bar straight out from your chest.

Muscles affected: D



19. CROUCHDOWN FLIP
Stand with feet shoulder-width apart. Crouch down, then flip your body over.

Muscles affected: D, L, U, W



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

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar 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 in a circular motion.

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 straight out from your chest.

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 to your chest.

Muscles affected: D, L



26. FRONT KICK
Stand with feet shoulder-width apart. Kick one leg forward.

Muscles affected: D, L, U, W



27. KICK BACK
Stand with feet shoulder-width apart. Kick one leg back.

Muscles affected: D, L



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

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 to your chest.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up to the side.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up to the side, then bend it.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm up in front of you.

Muscles affected: D, L, U



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick one leg straight up.

Muscles affected: D, L, U, W



35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg up, then bend it.

Muscles affected: D, L, U, W

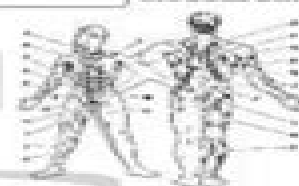


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg up, then shave it.

Muscles affected: D, L, U, W



MUSCLE CHART



- | | | | |
|--------------|--------------|----------------|------------|
| 1. Neck | 21. Triceps | 41. Hamstrings | 61. Glutes |
| 2. Shoulders | 22. Biceps | 42. Calves | 62. Ankles |
| 3. Chest | 23. Forearms | 43. Heels | 63. Toes |
| 4. Back | 24. Wrists | 44. Arch | 64. Ball |
| 5. Hips | 25. Elbows | 45. Instep | 65. Sole |
| 6. Thighs | 26. Fingers | 46. Forefoot | 66. Heel |
| 7. Legs | 27. Thumb | 47. Midfoot | 67. Arch |
| 8. Feet | 28. Index | 48. Rearfoot | 68. Ball |
| 9. Ankle | 29. Middle | 49. Forefoot | 69. Sole |
| 10. Heel | 30. Ring | 50. Midfoot | 70. Arch |
| 11. Arch | 31. Little | 51. Forefoot | 71. Sole |
| 12. Ball | 32. Pinky | 52. Midfoot | 72. Arch |
| 13. Sole | 33. Ring | 53. Forefoot | 73. Sole |
| 14. Arch | 34. Middle | 54. Midfoot | 74. Arch |
| 15. Heel | 35. Index | 55. Forefoot | 75. Sole |
| 16. Toes | 36. Middle | 56. Midfoot | 76. Arch |
| 17. Ball | 37. Ring | 57. Forefoot | 77. Sole |
| 18. Sole | 38. Little | 58. Midfoot | 78. Arch |
| 19. Arch | 39. Pinky | 59. Forefoot | 79. Sole |
| 20. Heel | 40. Thumb | 60. Midfoot | 80. Arch |

Golds Gym Exercise Guide

Janice McDonald



Golds Gym Exercise Guide:

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