

# 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: D, L, U



**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



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

Muscles affected: L, U



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

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



**9. PULL-UP**  
Hang from a bar with arms straight. Pull your body up.

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



**10. TREADMILL CURL**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then curl it 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 from your thighs.

Muscles affected: D, 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: D, L



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

Muscles affected: D



**14. AIR CROUCH**  
Stand with feet shoulder-width apart. Crouch down.

Muscles affected: D



**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



**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



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

Muscles affected: D, L, U, B



**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



**19. CROUCHDOWN PLY**  
Stand with feet shoulder-width apart. Crouch down.

Muscles affected: D, L, U, B



**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: D



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

Muscles affected: D, L, U, B



**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: D, L, U



**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, 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 curl it up.

Muscles affected: D, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L



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

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 up.

Muscles affected: D, L



**31. LATERAL RAISE**  
Stand with feet shoulder-width apart. Lift the bar to the side.

Muscles affected: D, L, U



**32. BENT LATERAL RAISE**  
Stand with feet shoulder-width apart. Lift the bar to the side.

Muscles affected: D, L, U



**33. FRONT RAISE**  
Stand with feet shoulder-width apart. Lift the bar forward.

Muscles affected: D, L, U



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

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B

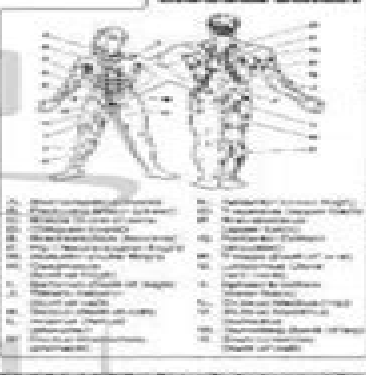


**36. SHAVED KICK**  
Stand with feet shoulder-width apart. Kick the bar up.

Muscles affected: D, L, U, B



### MUSCLE CHART



# Golds Gym Exercise Guide

**M Tight**



## **Golds Gym Exercise Guide:**

## Reviewing **Golds Gym Exercise Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Golds Gym Exercise Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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