

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
The bar starts over the head, then is lowered to the chest, and then pressed back up. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

2. MILITARY PRESS
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

3. BUTTERFLY
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

4. GOLF SWING
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

5. SQUAT
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

6. ALTERNATE LEG RAISE
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

7. VERTICAL KICK RAISE
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

8. HANGING DIP
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R, L, U, R

9. PULL-UP
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R, L, U, R

10. TREADMILL CURL
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L



11. LEG PRESS
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

12. LEG EXTENSION
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D

13. LEG CURL
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D

14. AIR CROUCH
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D

15. TRICEPS PRESS DOWN
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D

16. BENT ARM PUNCHDOWN
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

17. LAT PULL DOWN
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

18. TRICEPS EXTENSION
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D

19. CROUCHDOWN FLY
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

20. BACK EXTENSION
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D



21. DEAD LIFT
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

22. GOLF SWING
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

23. SHOULDER SWING
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

24. OVERHEAD EXTENSION
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

25. REGULATION CURL
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

26. FRONT KICK
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

27. KICK BACK
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

28. KIP ADDUCTION
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

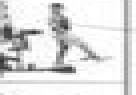
Muscles affected: D, L

29. KIP ADDUCTION
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L

30. STANDING CURL
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L



31. LATERAL RAISE
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

32. BENT LATERAL RAISE
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

33. FRONT RAISE
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U

34. UPRIGHT KICK
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R

35. BENT KICK
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R, L, U, R

36. SHAVED KICK
The bar starts at the shoulders, and is pressed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, L, U, R, L, U, R



MUSCLE CHART

1. Neck
2. Shoulder
3. Upper Arm
4. Forearm
5. Wrist
6. Hand
7. Fingers
8. Thumb
9. Chest
10. Upper Back
11. Lower Back
12. Hip
13. Thigh
14. Shin
15. Ankle
16. Foot
17. Toe
18. Neck
19. Shoulder
20. Upper Arm
21. Forearm
22. Wrist
23. Hand
24. Fingers
25. Thumb
26. Chest
27. Upper Back
28. Lower Back
29. Hip
30. Thigh
31. Shin
32. Ankle
33. Foot
34. Toe

Golds Gym Exercise Guide

Hussin A.Rothana



Golds Gym Exercise Guide:

The Top Books of the Year Golds Gym Exercise Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Aug 12, 2015 — If exhaust does not allow center of the shaft to lower, remove all hangers and drop the exhaust. The rear one is reasonably accessible. AWD Prop Shaft Removal (Guide) Apr 1, 2013 — Jack up the drivers side of the car, so that both front and rear wheels are off the ground. Support with axle stands, as you'll be getting ... How to Maintain Your AWD Volvo's Driveshaft Remove the rear strap below driveshaft. (maybe XC90 only); Remove the 6 bolts at front CV joint and rear CV joint. On earliest in this series there may be ... Drive shaft removal advice please Apr 14, 2016 — Loosen both strut to hub/carrier bolts and remove the top one completely. Swing the lot round as if you were going hard lock left for NS, hard ... S/V/C - XC70 Haldex 3 AOC Driveshaft removal The exhaust is dropped and out of the way. All 6 bolts removed. Center driveshaft carrier housing is dropped. What is the secret to getting this driveshaft to ... Volvo S60: Offside Driveshaft Replacement Jun 11, 2018 — This documentation details how to replace the offside (drivers side/Right hand side) driveshaft on a 2003 right hand drive Volvo S60.