

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. Press the bar straight up over your head.

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 golfing 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 stand back up.

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, alternating legs.

Muscles affected: D, L, U



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

Muscles affected: L, U



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

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



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

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



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 back up.

Muscles affected: D, L



11. LEG PRESS
Lies on your back with knees bent and feet flat on the floor. Press the bar straight 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. 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 straight up, then the other, alternating legs.

Muscles affected: D



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar straight down from your shoulders.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Punch the bar straight down from your shoulders.

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 towards your chest.

Muscles affected: D, L, U, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend your arms straight out.

Muscles affected: D



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

Muscles affected: D, L, U, B



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend your back straight out.

Muscles affected: D



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, B



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: L, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing your arms 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. Extend your arms straight out over your head.

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 towards your chest.

Muscles affected: D, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Adduct your legs.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Adduct your legs.

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 towards your chest.

Muscles affected: D, L



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

Muscles affected: L, U, B



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side, bent at the elbow.

Muscles affected: L, U, B



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm straight forward.

Muscles affected: L, U, B



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

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



35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg straight up, bent at the elbow.

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

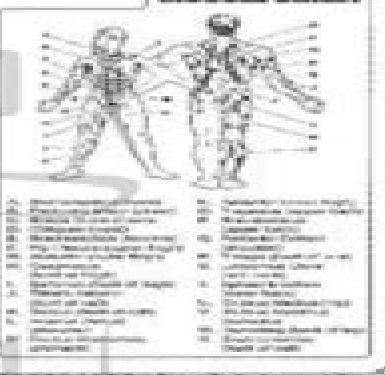


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight up, shaved.

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



MUSCLE CHART



Golds Gym Exercise Guide

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Golds Gym Exercise Guide:

The Enigmatic Realm of **Golds Gym 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 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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