

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
The bar starts over the head, then is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

2. MILITARY PRESS
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: L, U, W

3. BUTTERFLY
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

4. GOLF SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

5. SQUAT
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

6. HORIZONTAL BARRED SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

7. HANGING DIP
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

8. PULL-UP
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

9. TREADMILL CLIMB
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L



10. LEG PRESS
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

11. LEG EXTENSION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

12. LEG CURL
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

13. AIR CRACK
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

14. TRICEPS PRESS DOWN
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

15. BENT ARM PUNCHDOWN
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

16. LAT PULL DOWN
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

17. TRICEPS EXTENSION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

18. CROUCHING PLY
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W



19. DEAD LIFT
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

20. GOLF SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

21. SHOULDER SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U

22. OVERHEAD EXTENSION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

23. REGULATION CURL
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

24. FRONT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

25. HELL SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

26. BAP ADDUCTION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

27. BAP ADDUCTION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L



28. LATERAL SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

29. BENT LATERAL SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

30. FRONT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

31. GOLF SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

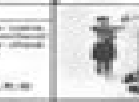
Muscles affected: D, L, U, W, L, U, W

32. BENT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

33. SHAVED SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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



MUSCLE CHART



- | | | | |
|----------------------------|------------------------|------------------------|------------------------|
| 1. BENCH PRESS | 10. LEG PRESS | 19. DEAD LIFT | 28. LATERAL SWING |
| 2. MILITARY PRESS | 11. LEG EXTENSION | 20. GOLF SWING | 29. BENT LATERAL SWING |
| 3. BUTTERFLY | 12. LEG CURL | 21. SHOULDER SWING | 30. FRONT SWING |
| 4. GOLF SWING | 13. AIR CRACK | 22. OVERHEAD EXTENSION | 31. GOLF SWING |
| 5. SQUAT | 14. TRICEPS PRESS DOWN | 23. REGULATION CURL | 32. BENT SWING |
| 6. HORIZONTAL BARRED SWING | 15. BENT ARM PUNCHDOWN | 24. FRONT SWING | 33. SHAVED SWING |
| 7. HANGING DIP | 16. LAT PULL DOWN | 25. HELL SWING | |
| 8. PULL-UP | 17. TRICEPS EXTENSION | 26. BAP ADDUCTION | |
| 9. TREADMILL CLIMB | 18. CROUCHING PLY | 27. BAP ADDUCTION | |
| | 19. BACK EXTENSION | | |

Golds Gym Exercise Guide

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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 truly astonishing. Within the pages of "**Golds Gym Exercise Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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