

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

Muscles affected: D, L



8. KNEELED SQUAT
Kneel on your knees 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, H, B



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up until your chin is over the bar.

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



10. TREADMILL 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



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 straight up in the air, 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 down with your triceps.

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 with your bent arms.

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 towards 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 your arms straight out.

Muscles affected: D



19. CROUCHDOWN PLY
Crouch down with feet shoulder-width apart. Push the bar up with your legs.

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 straight up.

Muscles affected: D, L, U, W



22. GOOD BEND
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Bend your knees and hips.

Muscles affected: D, L, U, W



23. SHOULDER SQUISH
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Squish your shoulders together.

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 overhead.

Muscles affected: D, L, U



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, W



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

Muscles affected: D, L, U, W



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip one leg towards the center.

Muscles affected: D, L



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip one leg towards the center.

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: D, L, U



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

Muscles affected: D, L, U



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

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 straight up with a bent elbow.

Muscles affected: D, L, U, W

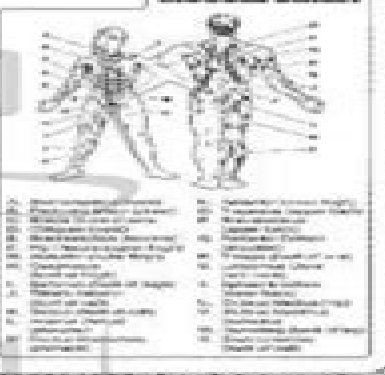


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight up with a shaved head.

Muscles affected: D, L, U, W



MUSCLE CHART



Golds Gym Exercise Guide

Kathleen Armour

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.

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