

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: D, 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. Press the bar straight up over your head.

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, B

6. ALTERNATE LEG RAISE
Lies on your back with knees bent and feet flat on the floor. Lift one leg straight up, then the other.

Muscles affected: D, L, U

7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Kick one leg straight up.

Muscles affected: D, L

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

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

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, L, R

10. TREADMILL CURL
Stand on a treadmill. 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. Press the bar straight up.

Muscles affected: D, L, U, B

12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend one leg straight out.

Muscles affected: D

13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Curl one leg back towards your chest.

Muscles affected: D

14. AIR CRACK
Stand with feet shoulder-width apart. Crack your legs back and forth.

Muscles affected: D

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

Muscles affected: D

16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch one arm straight down.

Muscles affected: D, L, U, B

17. LAT PULL DOWN
Stand with feet 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. Extend one arm straight back.

Muscles affected: D

19. CROUCHDOWN FLY
Crouch down with feet shoulder-width apart. Fly one arm straight out.

Muscles affected: D, L, U, B

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

Muscles affected: D



21. DEAD LIFT
Stand with feet 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. Swing the club back and forth in a golfing motion.

Muscles affected: D, L

23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing one arm back and forth.

Muscles affected: D, L, U

24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Extend one arm straight up.

Muscles affected: D, L

25. REGULATION CURL
Stand with feet shoulder-width apart. Curl one arm 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, B

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

Muscles affected: D, L

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. Curl one arm up towards your chest.

Muscles affected: D, L



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

Muscles affected: D, L, U

32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Raise one arm straight out to the side.

Muscles affected: D, L, U

33. FRONT RAISE
Stand with feet shoulder-width apart. Raise one arm straight up.

Muscles affected: D, L, U

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

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

35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg straight up.

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

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

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



MUSCLE CHART



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Golds Gym Exercise Guide

Jiyuan Zhang



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