

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS
 This is the most popular exercise in the gym. It is a compound exercise that works the chest, shoulders, and triceps. It is performed by lying on a bench and pressing a weight up from the chest.

2 MILITARY PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.

3 BUTTERFLY
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet together.

4 OLYMPIAN PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with the feet together.

5 BOWTIE
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet apart.

6 INCREASED LEAN PRESS
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet apart.

7 VERTICAL BARBELL PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.

8 HANDED DIP
 This exercise works the chest and triceps. It is performed by standing and dipping the body down from a horizontal position.

9 PULL-UP
 This exercise works the back and biceps. It is performed by pulling the body up from a hanging position.

10 TREADMILL CURL
 This exercise works the biceps. It is performed by standing and curling a weight up from the floor.



11 LEG PRESS
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by lying on a bench and pressing a weight up from the feet.

12 LEG EXTENSION
 This exercise works the quadriceps. It is performed by lying on a bench and extending the legs against resistance.

13 LEG CURL
 This exercise works the hamstrings and glutes. It is performed by lying on a bench and curling the legs against resistance.

14 AIR CROUCH
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by crouching and standing up against resistance.

15 TRICEPS PRESS DOWN
 This exercise works the triceps. It is performed by standing and pressing a weight down from the shoulders.

16 BENT AND PULVERIZED
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by crouching and standing up against resistance.

17 LAY PULL DOWN
 This exercise works the back and biceps. It is performed by pulling a weight down from a horizontal position.

18 TRICEPS EXTENSION
 This exercise works the triceps. It is performed by standing and extending the arms against resistance.

19 CROUCHING PULL
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by crouching and pulling a weight up against resistance.

20 BRACH EXTENSION
 This exercise works the triceps. It is performed by standing and extending the arms against resistance.



21 DEAD LIFT
 This exercise works the back, hamstrings, and glutes. It is performed by lifting a weight from the floor to a standing position.

22 BUCK BENCH
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.

23 SHOULDER PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.

24 OVERHEAD EXTENSION
 This exercise works the triceps. It is performed by standing and extending the arms overhead against resistance.

25 REGULATION
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.

26 FRONT BENCH
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest.

27 HELL BUCK
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.

28 REP ARCHING
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.

29 REP ARCHING
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.

30 STANDING CURL
 This exercise works the biceps. It is performed by standing and curling a weight up from the floor.



31 LATERAL RAISE
 This exercise works the shoulders. It is performed by standing and raising the arms out to the sides against resistance.

32 BENT LATERAL RAISE
 This exercise works the shoulders. It is performed by standing and raising the arms out to the sides against resistance.

33 FRONT RAISE
 This exercise works the shoulders. It is performed by standing and raising the arms in front against resistance.

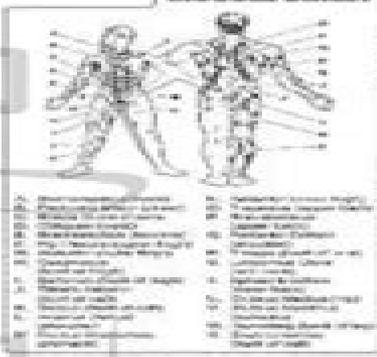
34 UPRIGHT ROW
 This exercise works the shoulders and trapezius. It is performed by standing and pulling a weight up from the floor.

35 BENT ROW
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.

36 BARBELL BUCK
 This exercise works the back and biceps. It is performed by pulling a weight up from a hanging position.



MUSCLE CHART



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Jiyuan Zhang



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Table of Contents Golds Gym Exercise Guide

1. Understanding the eBook Golds Gym Exercise Guide
 - The Rise of Digital Reading Golds Gym Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Golds Gym Exercise Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Golds Gym Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Golds Gym Exercise Guide
 - Personalized Recommendations
 - Golds Gym Exercise Guide User Reviews and Ratings

- Golds Gym Exercise Guide and Bestseller Lists
- 5. Accessing Golds Gym Exercise Guide Free and Paid eBooks
 - Golds Gym Exercise Guide Public Domain eBooks
 - Golds Gym Exercise Guide eBook Subscription Services
 - Golds Gym Exercise Guide Budget-Friendly Options
- 6. Navigating Golds Gym Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Golds Gym Exercise Guide Compatibility with Devices
 - Golds Gym Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Golds Gym Exercise Guide
 - Highlighting and Note-Taking Golds Gym Exercise Guide
 - Interactive Elements Golds Gym Exercise Guide
- 8. Staying Engaged with Golds Gym Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Golds Gym Exercise Guide
- 9. Balancing eBooks and Physical Books Golds Gym Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Golds Gym Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Golds Gym Exercise Guide
 - Setting Reading Goals Golds Gym Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Golds Gym Exercise Guide
 - Fact-Checking eBook Content of Golds Gym Exercise Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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