

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 then forward.

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.

Muscles affected: D, L, U, W



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

Muscles affected: D, L



8. KNEELED SWING
Kneel on one knee with the other leg bent. Swing the bar back and then forward.

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



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up.

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



10. TREADMILL CLIMB
Walk on a treadmill with a handrail. Climb the steps.

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, W



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 up.

Muscles affected: D



14. AIR CRACK
Stand with feet shoulder-width apart. Crack your knees together.

Muscles affected: D



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

Muscles affected: D



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

Muscles affected: D, L, U, W



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Pull the bar down.

Muscles affected: D, L, U, W



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Extend one arm straight out.

Muscles affected: D



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

Muscles affected: D, L, U, W



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.

Muscles affected: D, L, U, W



22. GOLF SWING
Stand with feet shoulder-width apart. Swing the club back and then forward.

Muscles affected: D, L



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing the bar back and then forward.

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L



26. FRONT SWING
Stand with feet shoulder-width apart. Swing one arm forward.

Muscles affected: D, L, U, W



27. KNEEL SWING
Kneel on one knee with the other leg bent. Swing the bar back and then forward.

Muscles affected: D, L, U, W



28. KNEE SWING
Kneel on one knee with the other leg bent. Swing the bar back and then forward.

Muscles affected: D, L, U, W



29. KNEE SWING
Kneel on one knee with the other leg bent. Swing the bar back and then forward.

Muscles affected: D, L, U, W



30. STANDING CURL
Stand with feet shoulder-width apart. Curl one arm up.

Muscles affected: D, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Swing one arm forward.

Muscles affected: D, L, U, W



35. BENT SWING
Stand with feet shoulder-width apart. Swing one arm forward.

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

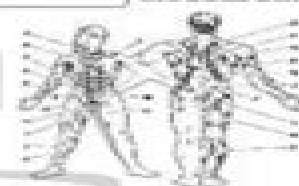


36. SHAVED SWING
Stand with feet shoulder-width apart. Swing one arm forward.

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



MUSCLE CHART



- 1. Neck
- 2. Shoulder
- 3. Chest
- 4. Triceps
- 5. Back
- 6. Lat
- 7. Hip
- 8. Thigh
- 9. Leg
- 10. Foot
- 11. Neck
- 12. Shoulder
- 13. Chest
- 14. Triceps
- 15. Back
- 16. Lat
- 17. Hip
- 18. Thigh
- 19. Leg
- 20. Foot

Golds Gym Exercise Guide

JR Anderson



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