

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: **C, S, P**



2. MILITARY PRESS
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: **C, S, P**



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: **C, S**



4. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a circular motion.

Muscles affected: **C, S**



5. SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P**



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: **C, S, P**



7. VERTICAL BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: **C, S**



8. KNEELED SQUAT
Kneel on the floor with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P, A, B, H, K**



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

Muscles affected: **C, S, P, A, B, H, K**



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then curl it back up.

Muscles affected: **C, S**



11. LEG PRESS
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: **C, S, P, A, B**



12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: **C, S**



13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: **C, S**



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down with your hands on the floor.

Muscles affected: **C, S**



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: **C, S**



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then punch it down.

Muscles affected: **C, S, P, A**



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar down to your chest.

Muscles affected: **C, S, P, A**



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then extend it back up.

Muscles affected: **C, S**



19. CROUCHDOWN PLY
Stand with feet shoulder-width apart. Crouch down with your hands on the floor.

Muscles affected: **C, S, P, A, B**



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: **C, S**



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your knees.

Muscles affected: **C, S, P, A, B**



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a circular motion.

Muscles affected: **C, S**



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: **C, S, P**



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then extend it back up.

Muscles affected: **C, S**



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then curl it back up.

Muscles affected: **C, S**



26. FRONT SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P, A**



27. KNEEL SQUAT
Kneel on the floor with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P, A, B, H, K**



28. SQUAT ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then adduct your legs.

Muscles affected: **C, S, P, A, B, H, K**



29. SQUAT ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then adduct your legs.

Muscles affected: **C, S, P, A, B, H, K**



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then curl it back up.

Muscles affected: **C, S**



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar to your shoulders, then raise it to the side.

Muscles affected: **C, S, P**



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then raise it to the side.

Muscles affected: **C, S, P**



33. FRONT RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders.

Muscles affected: **C, S, P**



34. UPRIGHT SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P, A, B, H, K**



35. BENT SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P, A, B, H, K**



36. SHAVED SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your thighs, then squat down.

Muscles affected: **C, S, P, A, B, H, K**



MUSCLE CHART

1 Neck
2 Shoulder
3 Chest
4 Triceps
5 Back
6 Hip
7 Thigh
8 Knee
9 Ankle
10 Foot
11 Toe
12 Hand
13 Wrist
14 Forearm
15 Upper Arm
16 Lower Arm
17 Elbow
18 Shoulder
19 Neck
20 Head
21 Face
22 Jaw
23 Tongue
24 Throat
25 Larynx
26 Trachea
27 Esophagus
28 Stomach
29 Liver
30 Gallbladder
31 Pancreas
32 Spleen
33 Lung
34 Heart
35 Aorta
36 Ventricle
37 Septum
38 Diaphragm
39 Pleura
40 Pericardium
41 Endocardium
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Golds Gym Exercise Guide

Minjie Lin

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:

Enjoying the Melody of Appearance: An Mental Symphony within **Golds Gym Exercise Guide**

In some sort of eaten by displays and the ceaseless chatter of instant connection, the melodic elegance and mental symphony produced by the written term frequently diminish in to the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. However, situated within the pages of **Golds Gym Exercise Guide** a wonderful fictional treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that charming masterpiece conducts readers on an emotional trip, well unraveling the hidden songs and profound impact resonating within each cautiously crafted phrase. Within the depths with this poignant review, we shall examine the book is key harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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the most popular sizes for sandcrete blocks are 450mm x 225mm x 225mm and 450mm x 150mm x 225mm sandcrete blocks can also be rectangular and solid or hollow the nigerian industrial standards nis 87 2007 defined two types of blocks 1 type a load bearing blocks and 2 type b non load see more

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