

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, S



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 your body down, then stand back up.

Muscles affected: D, L, U



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



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

Muscles affected: D, U



8. KNEELED SQUAT
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body down, then stand back up.

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



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

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



10. TREADMILL CURL
Stand on a treadmill with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up.

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, S



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.

Muscles affected: D



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

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.

Muscles affected: D



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

Muscles affected: D, L, U, S



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

Muscles affected: D, L, U, S



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 your body up.

Muscles affected: D, L, U, S



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

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar up.

Muscles affected: D, L, U, S



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

Muscles affected: D, L



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing your arms in a circular motion.

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 overhead.

Muscles affected: D, L



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up.

Muscles affected: D, L



26. FRONT KICK
Stand with feet shoulder-width apart. Kick one leg straight forward.

Muscles affected: D, L, U, S



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

Muscles affected: D, L, U, S



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip one leg in.

Muscles affected: D, L



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip one leg in.

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.

Muscles affected: D, L



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

Muscles affected: D, L, U



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

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Raise 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, S, H, K



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

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

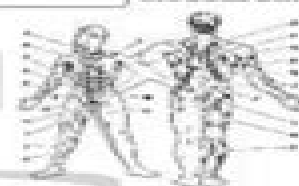


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight up with a shaved head.

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



MUSCLE CHART



- | | | | |
|--------------|-------------|----------------|----------------|
| 1. Neck | 21. Triceps | 41. Hamstrings | 61. Glutes |
| 2. Shoulder | 22. Forearm | 42. Calf | 62. Ankle |
| 3. Upper Arm | 23. Wrist | 43. Heel | 63. Toe |
| 4. Lower Arm | 24. Hand | 44. Arch | 64. Ball |
| 5. Back | 25. Finger | 45. Sole | 65. Heel |
| 6. Chest | 26. Thumb | 46. Plantar | 66. Metatarsal |
| 7. Abdomen | 27. Index | 47. Medial | 67. Phalanx |
| 8. Pelvis | 28. Middle | 48. Lateral | 68. Sesamoid |
| 9. Hip | 29. Ring | 49. Dorsal | 69. Ligament |
| 10. Thigh | 30. Little | 50. Ventral | 70. Tendon |
| 11. Knee | 31. Pinky | 51. Superior | 71. Bursa |
| 12. Leg | 32. Ring | 52. Inferior | 72. Cartilage |
| 13. Foot | 33. Middle | 53. Proximal | 73. Synovium |
| 14. Ankle | 34. Index | 54. Distal | 74. Joint |
| 15. Heel | 35. Middle | 55. Proximal | 75. Ligament |
| 16. Arch | 36. Ring | 56. Distal | 76. Tendon |
| 17. Ball | 37. Little | 57. Proximal | 77. Bursa |
| 18. Toe | 38. Pinky | 58. Distal | 78. Cartilage |
| 19. Phalanx | 39. Ring | 59. Proximal | 79. Synovium |
| 20. Sesamoid | 40. Middle | 60. Distal | 80. Joint |

Golds Gym Exercise Guide

Tao Wei



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