

# 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: L, 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

**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. KNEELED SQUAT**  
Kneel on your knees 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, H, K

**9. PULL-UP**  
Hang from a pull-up bar with arms straight out. Pull your body up until your chin is over the bar.

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

**10. TREADMILL CURL**  
Stand on a treadmill with feet shoulder-width apart. 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 over your head.

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 up towards your chest.

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. Grip the bar with hands shoulder-width apart. Press the bar straight down.

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. Grip the bar with hands 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. Grip the bar with hands shoulder-width apart. Extend one arm straight out.

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. Grip the bar with hands shoulder-width apart. Lift the bar straight up.

Muscles affected: D, L, U, B

**22. 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

**23. SHOULDER SWING**  
Stand with feet shoulder-width apart. Swing one arm straight out.

Muscles affected: D, L, U

**24. OVERHEAD EXTENSION**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend one arm straight out.

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 towards your chest.

Muscles affected: D, L

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

Muscles affected: D, L, U, B

**27. KNEEL SQUAT**  
Kneel on your knees 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

**28. SQUAT ADDUCTION**  
Stand with feet shoulder-width apart. Adduct one leg.

Muscles affected: D, L

**29. SQUAT ADDUCTION**  
Stand with feet shoulder-width apart. Adduct one leg.

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 towards your chest.

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 KICK**  
Stand with feet shoulder-width apart. Kick one leg straight out.

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

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

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

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

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



### MUSCLE CHART



- |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |
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**Jack W. Plunkett**

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