

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
The bar starts over the head, then is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: D, U, P
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

2. BUTTERFLY
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

3. GOLF SWING
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

4. SQUAT
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

5. ALTERNATE LEG RAISE
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

6. VERTICAL KICK RAISE
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

7. KNEELED EXP
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

8. PULL-UP
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

9. TREADMILL CURL
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.



10. LEG PRESS
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

11. LEG EXTENSION
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

12. LEG CURL
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

13. AIR CROUCH
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

14. TRICEPS PRESS DOWN
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

15. BENT ARM PUNCHDOWN
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

16. LAT PULL DOWN
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

17. TRICEPS EXTENSION
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

18. CROUCHDOWN PLY
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

19. BACK EXTENSION
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.



20. DEAD LIFT
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

21. GOLF SWING
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

22. SHOULDER SWING
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

23. OVERHEAD EXTENSION
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

24. REGULATION CURL
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

25. FRONT KICK
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

26. KICK SWING
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

27. KIP ADDUCTION
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

28. KIP ADDUCTION
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

29. STANDING CURL
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.



30. LATERAL RAISE
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

31. BENT LATERAL RAISE
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

32. FRONT RAISE
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

33. UPRIGHT KICK
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

34. BENT KICK
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.

35. SHAVED KICK
The bar is lowered to the chest, and then pushed back up to the starting position. The bar is held with both hands, and the feet are planted firmly on the floor.



MUSCLE CHART



- 1. BENCH PRESS
- 2. BUTTERFLY
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- 34. BENT KICK
- 35. SHAVED KICK

Golds Gym Exercise Guide

June Naylor



Golds Gym Exercise Guide:

Golds Gym Exercise Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Golds Gym Exercise Guide**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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