

# 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, U, V



**2. MILITARY PRESS**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it straight up.

Muscles affected: U, D, V



**3. BUTTERFLY**  
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, U



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

Muscles affected: D, U



**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, U, V



**6. ALTERNATE LEG RAISE**  
Lies on your back with the knees bent and feet flat on the floor. Lift one leg up, then the other.

Muscles affected: D, U, V



**7. VERTICAL BARRED RAISE**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it straight up.

Muscles affected: D, U



**8. HANGING KIP**  
Hang from the bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, U, V, L, R, V



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

Muscles affected: D, U, V, L, R, V



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

Muscles affected: D, U



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

Muscles affected: D, U, V



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

Muscles affected: D, U



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

Muscles affected: D



**14. AIR CROUCH**  
Stand with feet shoulder-width apart. Crouch down with your knees bent.

Muscles affected: D



**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 straight up.

Muscles affected: D



**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 press it straight up.

Muscles affected: D, U, V



**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, U, V



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

Muscles affected: D



**19. CROUCHDOWN FLIP**  
Stand with feet shoulder-width apart. Crouch down with your knees bent.

Muscles affected: D, U, V, L, R, V



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

Muscles affected: D



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

Muscles affected: D, U, V, L, R, V



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

Muscles affected: D, U



**23. SHOULDER SWING**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth.

Muscles affected: D, U, V



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

Muscles affected: D, U



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

Muscles affected: D, U



**26. FRONT KICK**  
Stand with feet shoulder-width apart. Kick the bar forward with your leg.

Muscles affected: D, U, V, L, R, V



**27. KICK BACK**  
Stand with feet shoulder-width apart. Kick the bar back with your leg.

Muscles affected: D, U



**28. KIP ADDUCTION**  
Hang from the bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, U



**29. KIP ADDUCTION**  
Hang from the bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, U



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

Muscles affected: D, U



**31. LATERAL RAISE**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar out to the sides.

Muscles affected: D, U, V



**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 out to the sides.

Muscles affected: D, U, V



**33. FRONT RAISE**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise the bar straight up.

Muscles affected: D, U, V



**34. UPRIGHT KICK**  
Stand with feet shoulder-width apart. Kick the bar straight up with your leg.

Muscles affected: D, U, V, L, R, V



**35. BENT KICK**  
Stand with feet shoulder-width apart. Kick the bar back with your leg.

Muscles affected: D, U, V, L, R, V

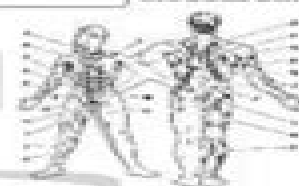


**36. SHAVED KICK**  
Stand with feet shoulder-width apart. Kick the bar forward with your leg.

Muscles affected: D, U, V, L, R, V



### MUSCLE CHART



- |                     |             |          |          |
|---------------------|-------------|----------|----------|
| 1. Biceps           | 11. Triceps | 21. Neck | 31. Neck |
| 2. Deltoids         | 12. Triceps | 22. Neck | 32. Neck |
| 3. Pectorals        | 13. Triceps | 23. Neck | 33. Neck |
| 4. Latissimus       | 14. Triceps | 24. Neck | 34. Neck |
| 5. Trapezius        | 15. Triceps | 25. Neck | 35. Neck |
| 6. Rhomboids        | 16. Triceps | 26. Neck | 36. Neck |
| 7. Erector Spinae   | 17. Triceps | 27. Neck | 37. Neck |
| 8. Gluteus Maximus  | 18. Triceps | 28. Neck | 38. Neck |
| 9. Gluteus Medius   | 19. Triceps | 29. Neck | 39. Neck |
| 10. Gluteus Minimus | 20. Triceps | 30. Neck | 40. Neck |

# Golds Gym Exercise Guide

**Marco Cascella**

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:**

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Golds Gym Exercise Guide**

In a world inundated with monitors and the cacophony of instantaneous connection, the profound power and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, located within the lyrical pages of **Golds Gym Exercise Guide**, a fascinating work of literary brilliance that impulses with fresh thoughts, lies an memorable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this enchanting opus manuals readers on a psychological odyssey, gently revealing the latent potential and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is main themes, dissect its interesting publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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