

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, B



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 then forward.

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 up, then the other.

Muscles affected: D, L, U



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

Muscles affected: D, L



8. KNEELED SWING
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and then forward.

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B



10. TREADMILL CLIMB
Walk or run on a treadmill. Incline the treadmill to a steep position.

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



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 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. Press the bar down with your triceps.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch the bar down with your bent arms.

Muscles affected: D, L, U



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

Muscles affected: D, L, U



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Extend your arms straight out.

Muscles affected: D



19. CROUCHDOWN PLY
Crouch down with feet shoulder-width apart. Push back up.

Muscles affected: D, L, U, B



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

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Lift the bar from the floor.

Muscles affected: D, L, U, B



22. GOLF SWING
Stand with feet shoulder-width apart. Swing the club back and then forward.

Muscles affected: D, L



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing your arms back and then forward.

Muscles affected: D, L, U



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Extend your arms straight out.

Muscles affected: D, L



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

Muscles affected: D, L



26. FRONT SWING
Stand with feet shoulder-width apart. Swing the bar forward.

Muscles affected: D, L, U



27. KNEEL SWING
Kneel on your knees with feet shoulder-width apart. Swing the bar back and then forward.

Muscles affected: D, L, U



28. KNEE PUNCHDOWN
Kneel on your knees with feet shoulder-width apart. Punch the bar down.

Muscles affected: D, L, U



29. KNEE PUNCHDOWN
Kneel on your knees with feet shoulder-width apart. Punch the bar down.

Muscles affected: D, L, U



30. STANDING CURL
Stand with feet shoulder-width apart. Curl the bar up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Raise your arms out to the sides.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Raise your arms out to the sides with bent arms.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Raise your arms straight out.

Muscles affected: D, L, U



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Swing the bar up.

Muscles affected: D, L, U, B



35. BENT SWING
Stand with feet shoulder-width apart. Swing the bar with bent arms.

Muscles affected: D, L, U, B

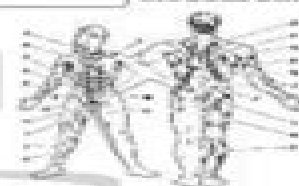


36. SHAVED SWING
Stand with feet shoulder-width apart. Swing the bar with shaved arms.

Muscles affected: D, L, U, B



MUSCLE CHART



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

Golds Gym Exercise Guide

David Porter



Golds Gym Exercise Guide:

The Official Gold's Gym Beginner's Guide to Fitness David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food *The Gold's Gym Guide to Getting Started in Bodybuilding* Ed Housewright, 2004-08 Publisher Description *The Total Fitness Manual* Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold's Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold's Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today **The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *The Gold's Gym Training Encyclopedia* Peter Grymkowski, 1984 The Gold's Gym Training Encyclopedia is the best book of its kind I wish I'd had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold's Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilder only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim

Kimber are co owners of Gold's Gym Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including *The Gold's Gym Book of Bodybuilding Weight Training for Beginners* and *Bodybuilding for Beginners* all published by Contemporary VIVA Travel Guides Rick Segreda, Paula Newton, Lorraine Caputo, 2009 A guidebook that contains reports and travel conditions in the areas South of Lima devastated by the August 2007 Pisco Earthquake It helps visitors to explore Peru's ruins including the Ollantaytambo Cusco the fortress of Kuelap and also the white city of Arequipa surrounded by snow capped volcanoes **Make a Fitness Plan** The Experts at Gold's

Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes *Insiders' Guide® to Myrtle Beach and the Grand Strand* Janice McDonald, 2009-12-22 *Insiders Guide to St Myrtle Beach and the Grand Strand* is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment

Insiders' Guide® to Dallas & Fort Worth June Naylor, 2010-03-23 Your Travel Destination Your Home Your Home To Be Dallas Fort Worth Fort Worth is where the West begins it's said and Dallas is where the East peters out A personal practical perspective for travelers and residents alike Comprehensive listings of attractions restaurants and accommodations How to live thrive in the area from recreation to relocation Countless details on shopping arts entertainment and children's activities

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

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Golds Gym Exercise Guide**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written 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's key themes, examine its writing style, and analyze its overall effect on readers.

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