

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, L, U, W

2. MILITARY PRESS
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: L, U, W, B

3. BUTTERFLY
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

4. CURL RAGE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U

5. SQUAT
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W

6. HORIZONTAL RISE RAGE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U

7. HANGING DIP
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W, B, L

8. PULL-UP
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W, B

9. TREADMILL CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L



10. LEG PRESS
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W

11. LEG EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

12. LEG CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

13. AIR CRUNCH
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

14. TRICEPS PRESS DOWN
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

15. BENT ARM PUNCHDOWN
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W

16. LAT PULL DOWN
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W

17. TRICEPS EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

18. CROUCHDOWN PLY
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W



19. DEAD LIFT
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W

20. GOOD BEND
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

21. SHOULDER SQUISH
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U

22. OVERHEAD EXTENSION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

23. REGULATION CURL
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

24. FRONT KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W

25. KICK BACK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

26. KIP ADDUCTION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L

27. KIP ADDUCTION
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L



28. LATERAL RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U

29. BENT LATERAL RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U

30. FRONT RAISE
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U

31. UPRIGHT KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W, B

32. BENT KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W, B, L

33. SHAVED KICK
The bar starts at the shoulders, and is pushed straight up over the head. The bar is held with both hands, and the feet are planted firmly on the floor.

Muscles affected: B, L, U, W, B, L



MUSCLE CHART



- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |
|---|---|---|---|---|---|---|---|---|-----|

Golds Gym Exercise Guide

Rachel S Tattersall



Golds Gym Exercise Guide:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Golds Gym Exercise Guide**

In a world inundated with displays and the cacophony of fast conversation, the profound energy and emotional resonance of verbal beauty often disappear into obscurity, eclipsed by the regular assault of noise and distractions. Yet, set within the musical pages of **Golds Gym Exercise Guide**, a interesting function of literary splendor that pulses with fresh thoughts, lies an unique trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus books visitors on a mental odyssey, gently exposing the latent possible and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect its fascinating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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