

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.

Muscles affected: D, U, W

2. MILITARY PRESS
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: U, W, B

3. BUTTERFLY
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

4. GOLF SWING
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

5. SQUAT
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W

6. ALTERNATE LEG RAISE
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W

7. VERTICAL KICK RAISE
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

8. HANGING DIP
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

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

9. PULL-UP
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

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

10. TREADMILL CURL
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U



11. LEG PRESS
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W, B

12. LEG EXTENSION
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B

13. LEG CURL
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B

14. AIR CROUCH
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B

15. TRICEPS PRESS DOWN
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B

16. BENT ARM PUNCHDOWN
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: U, B, U, W

17. LAT PULL DOWN
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: U, B, U, W

18. TRICEPS EXTENSION
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B

19. CROUCHDOWN FLY
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W, B

20. BACK EXTENSION
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B



21. DEAD LIFT
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W, B

22. GOLF SWING
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

23. SHOULDER SWING
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W

24. OVERHEAD EXTENSION
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

25. REGULATION CURL
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

26. FRONT KICK
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W, B

27. KICK BACK
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

28. KIP ADDUCTION
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

29. KIP ADDUCTION
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U

30. STANDING CURL
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U



31. LATERAL RAISE
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W

32. BENT LATERAL RAISE
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W

33. FRONT RAISE
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

Muscles affected: B, U, W

34. UPRIGHT KICK
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

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

35. BENT KICK
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

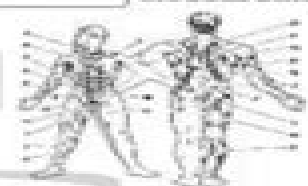
Muscles affected: U, B, U, W, B, U

36. SHAVED KICK
The bar starts at the chest, is pushed up over the head, and then lowered back to the chest.

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



MUSCLE CHART



- | | | | |
|------------------------|------------------------|------------------------|------------------------|
| 1. BENCH PRESS | 11. LEG PRESS | 21. DEAD LIFT | 31. LATERAL RAISE |
| 2. MILITARY PRESS | 12. LEG EXTENSION | 22. GOLF SWING | 32. BENT LATERAL RAISE |
| 3. BUTTERFLY | 13. LEG CURL | 23. SHOULDER SWING | 33. FRONT RAISE |
| 4. GOLF SWING | 14. AIR CROUCH | 24. OVERHEAD EXTENSION | 34. UPRIGHT KICK |
| 5. SQUAT | 15. TRICEPS PRESS DOWN | 25. REGULATION CURL | 35. BENT KICK |
| 6. ALTERNATE LEG RAISE | 16. BENT ARM PUNCHDOWN | 26. FRONT KICK | 36. SHAVED KICK |
| 7. VERTICAL KICK RAISE | 17. LAT PULL DOWN | 27. KICK BACK | |
| 8. HANGING DIP | 18. TRICEPS EXTENSION | 28. KIP ADDUCTION | |
| 9. PULL-UP | 19. CROUCHDOWN FLY | 29. KIP ADDUCTION | |
| 10. TREADMILL CURL | 20. BACK EXTENSION | 30. STANDING CURL | |

Golds Gym Exercise Guide

S Nieto

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:

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 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 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 bodybuilders 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 **The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright, 2004-08 Publisher Description 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 **V!VA 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 **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'**

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strategic planning competitive intelligence employment searches or financial research It contains trends statistical tables and an industry glossary It includes over 350 one page profiles of sports industry firms companies and organizations **The Gold's Gym Book of Bodybuilding** Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip

The Unofficial Guide to Las Vegas 2015 Bob Sehlinger,2014-08-18 With insightful writing up to date reviews of major attractions and a lot of local knowledge The Unofficial Guide to Las Vegas by Bob Sehlinger has it all Compiled and written by a team of experienced researchers whose work has been cited by such diverse sources as USA Today and Operations Research Forum The Unofficial Guide to Las Vegas digs deeper and offers more than can any single author This is the only guide that explains how Las Vegas works and how to use that knowledge to make every minute and every dollar of your time there count With advice that is direct prescriptive and detailed it takes out the guesswork Eclipsing the usual list of choices it unambiguously rates and ranks everything from hotels restaurants and attractions to rental car companies With The Unofficial Guide to Las Vegas you know what s available in every category from the best to the worst The reader also finds fascinating sections about the history of the town and chapters on gambling The Unofficial Guide to Las Vegas emphasizes how to have fun and understand the crazy environment that is today s Vegas It s a keeper *Bringing Home the Gold*

Grades 9-12 John S. Morton,Mark C. Schug,2001 Bringing Home the Gold contains 22 activitybased lessons for high school students Students make important financial decisions about earning an income saving and spending using credit and budgeting This publication contains instructions for teaching the lessons **Gold's Gym Mass Building, Training, and Nutrition System** Ed Connors,1992 Bodybuilders around the world look to Gold s Gym for state of the art instruction This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves Arnold Schwarzenegger Lee Haney Lou Ferrigno Lee Labrada Debby McKnight and others 250 photographs The Rough Guide to San Francisco and the Bay Area

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