

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. 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: D, L, U, W

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: D, L, U, W

4. GOLF SWING
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: D, L, U, W

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: D, L, U, W

6. HORIZONTAL BARRED SWING
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: D, L, U, W

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: D, L, U, W, H, B

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: D, L, U, W, H, 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: D, L, U, W



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: D, L, U, W, H, B

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: D, L, U, W, H, B

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: D, L, U, W, H, B

13. AIR CRACK
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: D, L, U, W, H, B

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: D, L, U, W, H, B

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: D, L, U, W, H, B

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: D, L, U, W, H, B

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: D, L, U, W, H, B

18. CROUCHING FLY
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: D, L, U, W, H, B



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: D, L, U, W, H, B

20. GOLF SWING
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: D, L, U, W, H, B

21. SHOULDER SWING
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: D, L, U, W, H, B

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: D, L, U, W, H, B

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: D, L, U, W, H, B

24. FRONT SWING
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: D, L, U, W, H, B

25. HELL SWING
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: D, L, U, W, H, B

26. BAP 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: D, L, U, W, H, B

27. BAP 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: D, L, U, W, H, B



28. LATERAL SWING
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: D, L, U, W, H, B

29. BENT LATERAL SWING
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: D, L, U, W, H, B

30. FRONT SWING
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: D, L, U, W, H, B

31. UPRIGHT SWING
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: D, L, U, W, H, B

32. BENT SWING
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: D, L, U, W, H, B

33. SHAVED SWING
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: D, L, U, W, H, B



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

Annelies Wilder-Smith

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

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