

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, L, U, W

2. MILITARY PRESS
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: L, U, W

3. BUTTERFLY
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

4. CURL PRESS
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

5. SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

6. LATERAL LIFT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

7. BARBELL SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

8. PULL-UP
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

9. TREADMILL CLIMB
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L



10. LEG PRESS
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

11. LEG EXTENSION
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D

12. LEG CURL
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D

13. AIR CROUCH
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D

14. TRICEPS PRESS DOWN
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D

15. BENT ARM PUNCHDOWN
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

16. LAT PULL DOWN
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

17. TRICEPS EXTENSION
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D

18. CROUCHDOWN PLY
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W



19. DEAD LIFT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

20. GOOD BEND
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

21. SHOULDER SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U

22. OVERHEAD EXTENSION
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

23. REGULATION CURL
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

24. FRONT SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

25. KNEEL SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

26. KNEEL SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L

27. KNEEL SQUAT
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L



28. LATERAL RAISE
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U

29. BENT LATERAL RAISE
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U

30. FRONT RAISE
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U

31. UPRIGHT ROW
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W

32. BENT ROW
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

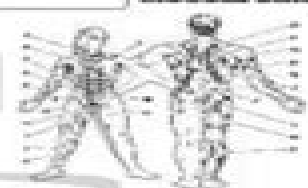
Muscles affected: D, L, U, W

33. SHAVED ROW
The bar starts at the shoulders, is raised straight up, and then lowered back to the shoulders.

Muscles affected: D, L, U, W



MUSCLE CHART



- | | | | |
|--------------------|------------------------|------------------------|------------------------|
| 1. BENCH PRESS | 10. LEG PRESS | 19. DEAD LIFT | 28. LATERAL RAISE |
| 2. MILITARY PRESS | 11. LEG EXTENSION | 20. GOOD BEND | 29. BENT LATERAL RAISE |
| 3. BUTTERFLY | 12. LEG CURL | 21. SHOULDER SQUAT | 30. FRONT RAISE |
| 4. CURL PRESS | 13. AIR CROUCH | 22. OVERHEAD EXTENSION | 31. UPRIGHT ROW |
| 5. SQUAT | 14. TRICEPS PRESS DOWN | 23. REGULATION CURL | 32. BENT ROW |
| 6. LATERAL LIFT | 15. BENT ARM PUNCHDOWN | 24. FRONT SQUAT | 33. SHAVED ROW |
| 7. BARBELL SQUAT | 16. LAT PULL DOWN | 25. KNEEL SQUAT | |
| 8. PULL-UP | 17. TRICEPS EXTENSION | 26. KNEEL SQUAT | |
| 9. TREADMILL CLIMB | 18. CROUCHDOWN PLY | 27. KNEEL SQUAT | |
| | 19. BACK EXTENSION | | |

Golds Gym Exercise Guide

Caroline Sieg, Steve Winston



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