

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, U, V



2. MILITARY PRESS
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: U, D, 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, U



4. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a circular motion.

Muscles affected: D, U



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, U, B



6. ALTERNATE LEG RAISE
Lies on your back with knees bent and feet flat on the floor. Lift one leg straight up, then the other.

Muscles affected: D, U, B



7. VERTICAL BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: D, U



8. HANDED DIP
Stand with feet shoulder-width apart. Grip the bar with both hands. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, A, B, V



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

Muscles affected: D, U, B, V



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



11. LEG PRESS
Lies on your back with knees bent and feet flat on the floor. Push the bar from your feet straight up.

Muscles affected: D, U, B



12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar from your feet straight up.

Muscles affected: D



13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Push the bar from your feet straight up.

Muscles affected: D



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down with your hands on your knees.

Muscles affected: D



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, B



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

Muscles affected: D, U, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D



19. CROUCHDOWN PLY
Stand with feet shoulder-width apart. Crouch down with your hands on your knees.

Muscles affected: D, U, B, V



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar from your feet straight up.

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your knees.

Muscles affected: D, U, B, V



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth in a circular motion.

Muscles affected: D, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, U, V



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



26. FRONT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, U, B, V



27. KNEEL SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, U



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders.

Muscles affected: D, U, B



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, B



33. FRONT RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders.

Muscles affected: D, U, B



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, U, B, V



35. BENT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, U, B, V

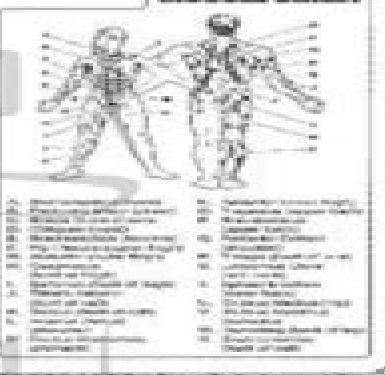


36. SHAVED SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, U, B, V



MUSCLE CHART



Golds Gym Exercise Guide

Michael Seilmaier

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 Enigmatic Realm of **Golds Gym Exercise Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Golds Gym Exercise Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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