

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 BARBELL 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: B, U, W, B, U, W

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, U

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, U

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, U

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, U

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: B, U, W, B

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: B, U, W, B

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, U

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, U



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 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, B

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

Muscles affected: B, U

28. BAP 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. BAP 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 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, B

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

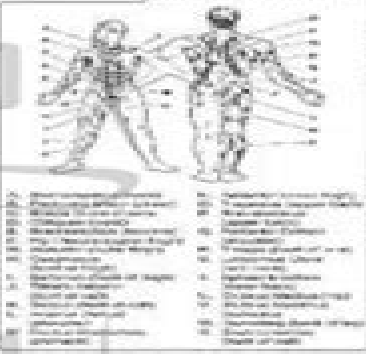
Muscles affected: B, U, W, B, U, W, B

36. SHAVED 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, B, U, W, B



MUSCLE CHART



Golds Gym Exercise Guide

Gold's Gym

The logo for Gold's Gym, featuring a red circular graphic with a white swoosh.

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Table of Contents Golds Gym Exercise Guide

1. Understanding the eBook Golds Gym Exercise Guide
 - The Rise of Digital Reading Golds Gym Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Golds Gym Exercise Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Golds Gym Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Golds Gym Exercise Guide
 - Personalized Recommendations
 - Golds Gym Exercise Guide User Reviews and Ratings
 - Golds Gym Exercise Guide and Bestseller Lists
5. Accessing Golds Gym Exercise Guide Free and Paid eBooks

- Golds Gym Exercise Guide Public Domain eBooks
- Golds Gym Exercise Guide eBook Subscription Services
- Golds Gym Exercise Guide Budget-Friendly Options
- 6. Navigating Golds Gym Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Golds Gym Exercise Guide Compatibility with Devices
 - Golds Gym Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Golds Gym Exercise Guide
 - Highlighting and Note-Taking Golds Gym Exercise Guide
 - Interactive Elements Golds Gym Exercise Guide
- 8. Staying Engaged with Golds Gym Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Golds Gym Exercise Guide
- 9. Balancing eBooks and Physical Books Golds Gym Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Golds Gym Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Golds Gym Exercise Guide
 - Setting Reading Goals Golds Gym Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Golds Gym Exercise Guide
 - Fact-Checking eBook Content of Golds Gym Exercise Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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