

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, L, U



2. MILITARY PRESS
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor, keeping it close to your body, and press it overhead.

Muscles affected: L, U, 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, L



4. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth, keeping your feet flat on the floor.

Muscles affected: L, 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, L, U



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

Muscles affected: D, L, U



7. VERTICAL BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor, keeping it close to your body, and press it overhead.

Muscles affected: L, 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, L, U, B, S



9. PULL-UP
Hang from the bar with hands shoulder-width apart. Pull your body up, keeping your feet flat on the floor.

Muscles affected: D, L, U, B, S



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, L



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

Muscles affected: D, L, U, B



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

Muscles affected: D, L



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

Muscles affected: D



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down, keeping your feet flat on the floor.

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, L, U



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar down, keeping your feet flat on the floor.

Muscles affected: D, L, 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, keeping your feet flat on the floor.

Muscles affected: D, L, U, B



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

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, keeping it close to your body, and press it overhead.

Muscles affected: D, L, U, B



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth, keeping your feet flat on the floor.

Muscles affected: L, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth, keeping your feet flat on the floor.

Muscles affected: D, L, U



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, L, 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, L



26. FRONT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth, keeping your feet flat on the floor.

Muscles affected: D, L, U



27. KNEEL SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth, keeping your feet flat on the floor.

Muscles affected: D, L, 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, L



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, L



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, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor, keeping it close to your body, and press it overhead.

Muscles affected: L, 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: L, 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, keeping it close to your body, and press it overhead.

Muscles affected: L, 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, keeping your feet flat on the floor.

Muscles affected: D, L, U, B



35. BENT SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth, keeping your feet flat on the floor.

Muscles affected: D, L, U, B, S

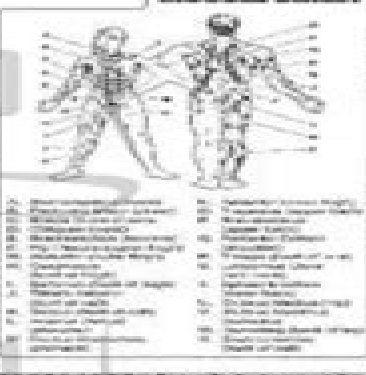


36. SHAVED SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth, keeping your feet flat on the floor.

Muscles affected: D, L, U, B, S



MUSCLE CHART



Golds Gym Exercise Guide

O García

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.

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web 12 may 2022 every year on 12 may the world marks international nurses day in recognition of the tireless and invaluable contribution of nurses to health care and global health security

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web may 12 2020 message of his holiness pope francis international nurses day 12 may 2020 dear brothers and sisters today we celebrate international nurses day in the context of the international year of nurses and midwives officially declared by the world health organization

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web may 11 2020 on monday 11th may the eve of international nurses day icn who and nursing now are encouraging people to take part in a moment of reflection to honour the memory of nurses and health workers who have tragically died

minister joe phaahla commemoration of international nurses day - Jun 23 2022

web may 12 2022 draft speaking note for the minister on the occasion of commemoration of the international nurses day 2022 introduction international nurses day is celebrated worldwide on the anniversary of florence nightingale s birth on may 12 the international council of nurses icn commemorates this important day each year which

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web may 11 2023 save a hundreds of lives you are a nurse this is chetan darji your name standing before you on behalf of school name i wish to all the nurses of the world a very happy international nurses day may 12 is celebrated as international nurse day every year all over the

nurse day greetings speech for international nurse s day - May 23 2022

web oct 9 2023 i wish you a beautiful nurse s day and that all the good things in life come your way you are an excellent professional and an even better person never change i hope that you can get some rest today because you have been working more than ever thanks for everything you do and have a happy nurse s day

our nurses our future international nurses day 2023 theme - Nov 28 2022

web ind 12 january 2023 the international council of nurses icn today announced the theme for international nurses day ind 2023 our nurses our future and launched its new ind logo icn president dr pamela cipriano explained the theme our nurses

international nurses day world health organization who - Jul 05 2023

web 12 may 2021 today is international nurses day a global celebration of nurses and the critical role they play in keeping the world healthy who commemorates the day just a week after the 5 may celebration of the international day of the midwife which this year focused on mobilizing increased investments in the midwifery workforce

investing in nursing and respecting nurses rights key themes for - Dec 30 2022

web dec 23 2021 the international council of nurses icn has announced the new theme for international nurses day ind 2022 nurses a voice to lead invest in nursing and respect rights to secure global health focusing on the need to protect support and invest in the nursing profession to strengthen health systems around the world each year icn

international nurses day wikipedia - Apr 21 2022

web international nurses day ind is an international day observed around the world on 12 may the anniversary of florence nightingale s birth each year to mark the contributions that nurses make to society

on international nurses day we thank our nursing colleagues - Apr 02 2023

web on may 12th 2020 international nurses day and the 200th anniversary of florence nightingale s birth we thank our

nursing colleagues and hope they stay safe and strong christine hancock was general secretary royal college of nursing 1989 2001 and president of international council of nurses 2001 2005

speech for international nurses day beehive govt nz - Sep 07 2023

web may 12 2009 i am honoured to help mark international nurses day which is tomorrow and to celebrate the people who are part of the backbone of our health system nursing has been a profession with high standards and a strong sense of

speech on nurses day aspiringyouths com - Jul 25 2022

web 2 minute speech on nurses day ladies and gentlemen i take immense pleasure in addressing you all today on the occasion of international nurses day this day holds great significance as it is dedicated to the unsung heroes of the healthcare world the nurses each year on the 12th of may we commemorate the birth anniversary of florence

international nurses day 12 may 2021 regional office for africa - Aug 06 2023

web 12 may 2021 message of who regional director for africa dr matshidiso moeti on 12 may every year the world celebrates international nurses day in recognition of the tireless contribution of nurses to saving lives and providing quality care for their patients

100 happy nurses day and week 2023 messages and wishes - Mar 21 2022

web may 12 2023 every day should be nurses day because there is so much to thank you for 4 you give so many patients a reason to smile happy nurses day to you 5 being a nurse is a profession full of

international nurses day 2022 who regional office for africa - Mar 01 2023

web may 12 2022 regional director speeches messages international nurses day 2022 international nurses day 2022 12 may 2022 message from who regional director for africa dr matshidiso moeti

international nurses day 2023 to focus on future of nursing times - Aug 26 2022

web international nurses day 2023 to focus on future of nursing nursing times looking at the brighter future of nursing and how the profession can improve global health for all will be the focus of this year s international nurses day it has been announced

speech for ministry of health event celebrating international nurses day - Sep 26 2022

web may 13 2009 welcome everyone it is a pleasure to be here with you today to help celebrate international nurses day and to applaud the great work done by new zealand nurses in so many different and challenging settings both here and overseas