

# 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, V



**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, V



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

Muscles affected: D, U, V



**7. VERTICAL KICK**  
Stand with feet shoulder-width apart. Lift one leg straight up in the air.

Muscles affected: D, U



**8. HANGING KICK**  
Hang from a pull-up bar with arms straight. Kick one leg up towards the bar.

Muscles affected: D, U, V, H, K



**9. PULL-UP**  
Hang from a pull-up bar with arms straight. Pull your body up towards the bar.

Muscles affected: D, U, V, H, K



**10. TREADMILL CLIMB**  
Walk or run on a treadmill. Increase the incline to make it more challenging.

Muscles affected: D, U



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

Muscles affected: D, U, V



**12. LEG EXTENSION**  
Lies on your back with knees bent and feet flat on the floor. Extend your legs straight out.

Muscles affected: D



**13. LEG CURL**  
Lies on your back with knees bent and feet flat on the floor. Curl your legs up towards your chest.

Muscles affected: D



**14. AIR CRACK**  
Stand with feet shoulder-width apart. Lift one leg straight up, then the other, alternating legs.

Muscles affected: D



**15. TRICEPS PRESS DOWN**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar down from your shoulders.

Muscles affected: D



**16. BENT ARM PUNCHDOWN**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Punch the bar down from your shoulders.

Muscles affected: D



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

Muscles affected: D, U, V



**18. TRICEPS EXTENSION**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar straight out from your shoulders.

Muscles affected: D



**19. CROUCHDOWN FLIP**  
Stand with feet shoulder-width apart. Crouch down, then flip your body over.

Muscles affected: D, U, V, H, K



**20. BACK EXTENSION**  
Lies on your back with knees bent and feet flat on the floor. Lift your hips up towards the ceiling.

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, V, H, K



**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. Extend the bar straight out from your shoulders.

Muscles affected: D, U



**25. REGULATION CURL**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up towards your chest.

Muscles affected: D, U



**26. FRONT KICK**  
Stand with feet shoulder-width apart. Kick one leg straight forward.

Muscles affected: D, U, V, H, K



**27. KICK BACK**  
Stand with feet shoulder-width apart. Kick one leg straight back.

Muscles affected: D, U, V, H, K



**28. KIP ADDUCTION**  
Stand with feet shoulder-width apart. Kip one leg towards the center.

Muscles affected: D, U



**29. KIP ADDUCTION**  
Stand with feet shoulder-width apart. Kip one leg towards the center.

Muscles affected: D, U



**30. STANDING CURL**  
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up towards your chest.

Muscles affected: D, U



**31. LATERAL RAISE**  
Stand with feet shoulder-width apart. Lift one arm straight out to the side.

Muscles affected: D, U, V



**32. BENT LATERAL RAISE**  
Stand with feet shoulder-width apart. Lift one arm straight out to the side, bent at the elbow.

Muscles affected: D, U, V



**33. FRONT RAISE**  
Stand with feet shoulder-width apart. Lift one arm straight forward.

Muscles affected: D, U, V



**34. UPRIGHT KICK**  
Stand with feet shoulder-width apart. Kick one leg straight up.

Muscles affected: D, U, V, H, K



**35. BENT KICK**  
Stand with feet shoulder-width apart. Kick one leg straight up, bent at the elbow.

Muscles affected: D, U, V, H, K

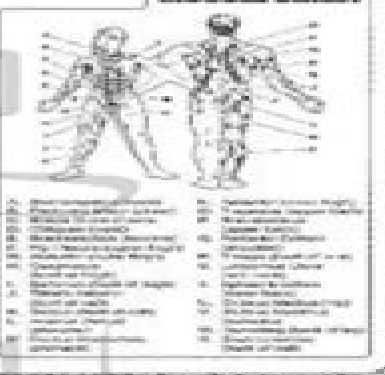


**36. SHAVED KICK**  
Stand with feet shoulder-width apart. Kick one leg straight up, shaved.

Muscles affected: D, U, V, H, K



### MUSCLE CHART



# Golds Gym Exercise Guide

**D Siedentop**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'D Siedentop' text.

## **Golds Gym Exercise Guide:**

## **Golds Gym Exercise Guide** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Golds Gym Exercise Guide**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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