

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. Press the bar straight up over your head.

Muscles affected: D, U, S



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 in a golfing motion.

Muscles affected: D, L



5. SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body down, 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, alternating.

Muscles affected: D, L, U



7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Kick one leg straight up.

Muscles affected: D, U



8. HANGING KIP
Hang from a bar with arms straight out. Swing your legs up and down.

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



9. PULL-UP
Hang from a bar with arms straight out. Pull your body up.

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



10. TREADMILL CURL
Stand on a treadmill. Grip the bar with hands shoulder-width apart. Curl the bar up.

Muscles affected: D, L



11. LEG PRESS
Lies on your back with knees bent and feet flat on the floor. Press the bar up with your legs.

Muscles affected: D, L, U



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.

Muscles affected: D



14. AIR CRACK
Stand with feet shoulder-width apart. Crack your legs in the air.

Muscles affected: D



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Press the bar down with your triceps.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch the bar down with your bent arm.

Muscles affected: D, L, U



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

Muscles affected: D, L, U



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Extend your triceps back.

Muscles affected: D



19. CROUCHDOWN FLY
Crouch down with feet shoulder-width apart. Fly your arms out.

Muscles affected: D, L, U, S



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend your back.

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Lift the bar from the floor.

Muscles affected: D, L, U, S



22. GOLF SWING
Stand with feet shoulder-width apart. Swing the club back and forth.

Muscles affected: D, L



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing your arms in a circular motion.

Muscles affected: D, L, U



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Extend your arms overhead.

Muscles affected: D, L



25. REGULATION CURL
Stand with feet shoulder-width apart. Curl the bar up.

Muscles affected: D, L



26. FRONT KICK
Stand with feet shoulder-width apart. Kick your leg forward.

Muscles affected: D, L, U



27. KICK BACK
Stand with feet shoulder-width apart. Kick your leg back.

Muscles affected: D, L



28. KIP ADDUCTION
Hang from a bar with arms straight out. Adduct your legs.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a bar with arms straight out. Adduct your legs.

Muscles affected: D, L



30. STANDING CURL
Stand with feet shoulder-width apart. Curl the bar up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Raise your arms out to the side.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Raise your arms out to the side with a bent arm.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Raise your arms straight up.

Muscles affected: D, L, U



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

Muscles affected: D, L, U, S



35. BENT KICK
Stand with feet shoulder-width apart. Kick your leg up with a bent arm.

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

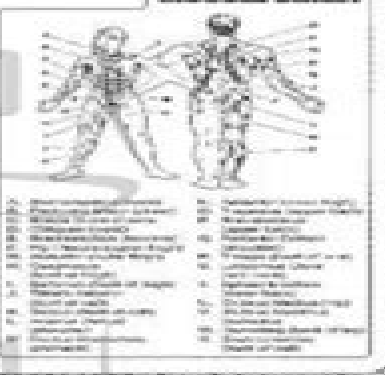


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick your leg straight up.

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



MUSCLE CHART



Golds Gym Exercise Guide

TD Snyder

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Golds Gym Exercise Guide:

This book delves into Golds Gym Exercise Guide. Golds Gym Exercise Guide is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Golds Gym Exercise Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Golds Gym Exercise Guide
- Chapter 2: Essential Elements of Golds Gym Exercise Guide
- Chapter 3: Golds Gym Exercise Guide in Everyday Life
- Chapter 4: Golds Gym Exercise Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Golds Gym Exercise Guide. The first chapter will explore what Golds Gym Exercise Guide is, why Golds Gym Exercise Guide is vital, and how to effectively learn about Golds Gym Exercise Guide.
3. In chapter 2, the author will delve into the foundational concepts of Golds Gym Exercise Guide. This chapter will elucidate the essential principles that must be understood to grasp Golds Gym Exercise Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Golds Gym Exercise Guide in daily life. The third chapter will showcase real-world examples of how Golds Gym Exercise Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Golds Gym Exercise Guide in specific contexts. The fourth chapter will explore how Golds Gym Exercise Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Golds Gym Exercise Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Golds Gym Exercise Guide.

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