

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
 Lay 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 to the starting position.

Muscles affected: D, U, V
2. MILITARY PRESS
 Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it straight up to the starting position.

Muscles affected: U, D, V
3. BUTTERFLY
 Lie 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 to the starting position.

Muscles affected: U, D
4. GOLF SWING
 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 to the starting position.

Muscles affected: U, D
5. SQUAT
 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 to the starting position.

Muscles affected: U, D, V
6. ALTERNATE LEG RAISE
 Lie 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 to the starting position.

Muscles affected: U, D
7. VERTICAL BARBELL 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 to the starting position.

Muscles affected: U, D
8. HANGING DIP
 Hang from a bar with arms straight. Lower your body to your chest, then press it back up to the starting position.

Muscles affected: U, D, V, U, D, V
9. PULL-UP
 Hang from a bar with arms straight. Pull your body up to your chest, then lower it back down to the starting position.

Muscles affected: U, D, V, U, D, 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 to the starting position.



11. LEG PRESS
 Lie 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 to the starting position.

Muscles affected: U, D, V
12. LEG EXTENSION
 Lie 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 to the starting position.

Muscles affected: U
13. LEG CURL
 Lie 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 to the starting position.

Muscles affected: U
14. AIR CROUCH
 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 to the starting position.

Muscles affected: U
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 to the starting position.

Muscles affected: U
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 to the starting position.

Muscles affected: U, D, V
17. LAT PULL 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 to the starting position.

Muscles affected: U, D, V
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 to the starting position.

Muscles affected: U
19. CROUCHDOWN PLY
 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 to the starting position.

Muscles affected: U, D, V, U, D, V
20. BACK EXTENSION
 Lie 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 to the starting position.



21. DEAD LIFT
 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 to the starting position.

Muscles affected: U, D, V, U, D, V
22. GOLF SWING
 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 to the starting position.

Muscles affected: U, D, V
23. SHOULDER SWING
 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 to the starting position.

Muscles affected: U, D, 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 to the starting position.

Muscles affected: U, D
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 to the starting position.

Muscles affected: U, D
26. FRONT SWING
 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 to the starting position.

Muscles affected: U, D, V, U, D, V
27. HELL SWING
 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 to the starting position.

Muscles affected: U, D, V
28. BAP 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 to the starting position.

Muscles affected: U, D
29. BAP 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 to the starting position.

Muscles affected: U, D
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 to the starting position.



31. 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 to the starting position.

Muscles affected: U, D, V
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 to the starting position.

Muscles affected: U, D, V
33. FRONT 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 to the starting position.

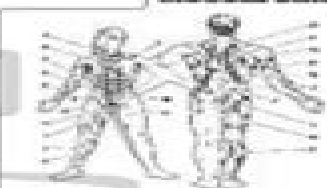
Muscles affected: U, D, V
34. UPRIGHT SWING
 Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up to the starting position.

Muscles affected: U, D, V, U, D, V
35. BENT SWING
 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 to the starting position.

Muscles affected: U, D, V, U, D, V
36. SHAVED SWING
 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 to the starting position.



MUSCLE CHART



- 1. BENCH PRESS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. GOLF SWING
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL BARBELL RAISE
- 8. HANGING DIP
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- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT SWING
- 35. BENT SWING
- 36. SHAVED SWING

Golds Gym Exercise Guide

Peter Grymkowski



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