

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS
 This is the most popular exercise in the gym. It is a compound exercise that works the chest, shoulders and triceps. It is performed by lying on a bench and pressing a weight up from the chest.



2 MILITARY PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



3 BUTTERFLY
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet together.



4 OLYMPIC PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with the feet together.



5 SQUAT
 This exercise works the quadriceps, hamstrings and glutes. It is performed by standing and squatting down with a weight on the back.



6 INCREASED LEG PRESS
 This exercise works the quadriceps, hamstrings and glutes. It is performed by lying on a bench and pressing a weight up from the feet.



7 VERTICAL KICK PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with the feet together.



8 HANDED SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders with one hand.



9 PULL UP
 This exercise works the back, shoulders and biceps. It is performed by pulling a weight up from a bar.



10 TREADMILL CURL
 This exercise works the biceps and forearms. It is performed by standing and curling a weight up from the floor.



11 LEG PRESS
 This exercise works the quadriceps, hamstrings and glutes. It is performed by lying on a bench and pressing a weight up from the feet.



12 LEG EXTENSION
 This exercise works the quadriceps. It is performed by lying on a bench and extending a weight up from the feet.



13 LEG CURL
 This exercise works the hamstrings and glutes. It is performed by lying on a bench and curling a weight up from the feet.



14 AIR CROUCH
 This exercise works the quadriceps, hamstrings and glutes. It is performed by standing and crouching down with a weight on the back.



15 TRICEPS PRESS DOWN
 This exercise works the triceps. It is performed by standing and pressing a weight down from the shoulders.



16 BENT AND PUNCHING
 This exercise works the shoulders and triceps. It is performed by standing and punching a weight up from the shoulders.



17 LAY PULL DOWN
 This exercise works the back, shoulders and biceps. It is performed by pulling a weight down from a bar.



18 TRICEPS EXTENSION
 This exercise works the triceps. It is performed by standing and extending a weight up from the shoulders.



19 OVERHEAD PULL
 This exercise works the back, shoulders and biceps. It is performed by pulling a weight up from a bar.



20 BRACH EXTENSION
 This exercise works the biceps and forearms. It is performed by standing and extending a weight up from the floor.



21 DEAD LIFT
 This exercise works the back, shoulders and biceps. It is performed by pulling a weight up from the floor.



22 BUCK BEND
 This exercise works the back, shoulders and biceps. It is performed by pulling a weight up from the floor.



23 SHOULDER PRESS
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



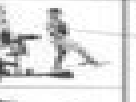
24 OVERHEAD EXTENSION
 This exercise works the triceps. It is performed by standing and extending a weight up from the shoulders.



25 ROTATION SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



26 FRONT SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



27 NECK SWI
 This exercise works the neck and shoulders. It is performed by standing and pressing a weight up from the shoulders.



28 REP SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



29 REP SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



30 STANDING CURL
 This exercise works the biceps and forearms. It is performed by standing and curling a weight up from the floor.



31 LATERAL RAISE
 This exercise works the shoulders. It is performed by standing and raising a weight up from the shoulders.



32 BENT LATERAL RAISE
 This exercise works the shoulders. It is performed by standing and raising a weight up from the shoulders.



33 FRONT RAISE
 This exercise works the shoulders. It is performed by standing and raising a weight up from the shoulders.



34 UPRIGHT SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



35 BENT SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



36 SHAVED SWI
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.



MUSCLE CHART

1	TRAPPEZIUS	11	RECTUS ABDOMINUS
2	TRAPPEZIUS	12	RECTUS ABDOMINUS
3	TRAPPEZIUS	13	RECTUS ABDOMINUS
4	TRAPPEZIUS	14	RECTUS ABDOMINUS
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Gold's Gym Exercise Guide

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Golds Gym Exercise Guide:

Enjoying the Melody of Appearance: An Emotional Symphony within **Golds Gym Exercise Guide**

In some sort of consumed by displays and the ceaseless chatter of fast transmission, the melodic elegance and emotional symphony produced by the published word often diminish in to the background, eclipsed by the relentless sound and disruptions that permeate our lives. But, situated within the pages of **Golds Gym Exercise Guide** a charming literary prize brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that interesting masterpiece conducts visitors on a psychological journey, well unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths with this touching analysis, we can examine the book is central harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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