

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 to your shoulders, then press it straight up.

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 in a circular motion.

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 squat down.

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.

Muscles affected: D, L, U



7. VERTICAL KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other.

Muscles affected: L, U



8. HANGING KICK
Hang from a bar with both hands. Lift one leg up, then the other.

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



9. PULL-UP
Hang from a bar with both hands. Pull your body up.

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



10. TREADMILL CURL
Stand on a treadmill. Grip the bar with both hands. Curl the bar up.

Muscles affected: L, U



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

Muscles affected: L, U, B



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

Muscles affected: L, U



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

Muscles affected: L, U



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down.

Muscles affected: L, U



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Push the bar down.

Muscles affected: L, U



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch down.

Muscles affected: L, U, B



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

Muscles affected: L, U, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Push the bar down.

Muscles affected: L, U



19. CROUCHDOWN PLY
Stand with feet shoulder-width apart. Crouch down.

Muscles affected: L, U, B, D



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

Muscles affected: L, U



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

Muscles affected: L, U, B, D



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

Muscles affected: L, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing the bar back and forth.

Muscles affected: L, U, B



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Push the bar up.

Muscles affected: L, U, B



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

Muscles affected: L, U



26. FRONT KICK
Stand with feet shoulder-width apart. Kick the bar forward.

Muscles affected: L, U, B, D



27. KICK BACK
Stand with feet shoulder-width apart. Kick the bar back.

Muscles affected: L, U, B



28. KICK ADDUCTION
Stand with feet shoulder-width apart. Kick the bar inward.

Muscles affected: L, U



29. KICK ADDUCTION
Stand with feet shoulder-width apart. Kick the bar inward.

Muscles affected: L, U



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

Muscles affected: L, U



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift the bar to the side.

Muscles affected: L, U, B



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift the bar to the side.

Muscles affected: L, U, B



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift the bar forward.

Muscles affected: L, U, B



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick the bar up.

Muscles affected: L, U, B, D



35. BENT KICK
Stand with feet shoulder-width apart. Kick the bar up.

Muscles affected: L, U, B, D

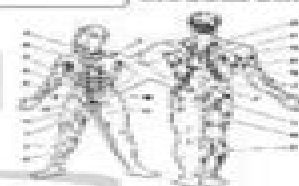


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick the bar up.

Muscles affected: L, U, B, D



MUSCLE CHART



- | | | | |
|--------------|--------------|----------------|------------|
| 1. Neck | 21. Triceps | 41. Hamstrings | 61. Glutes |
| 2. Shoulders | 22. Biceps | 42. Calves | 62. Ankles |
| 3. Chest | 23. Forearms | 43. Heels | 63. Toes |
| 4. Back | 24. Wrists | 44. Arch | 64. Ball |
| 5. Hips | 25. Elbows | 45. Instep | 65. Sole |
| 6. Thighs | 26. Fingers | 46. Forefoot | 66. Heel |
| 7. Knees | 27. Thumb | 47. Midfoot | 67. Arch |
| 8. Lower Leg | 28. Index | 48. Rearfoot | 68. Ball |
| 9. Upper Leg | 29. Middle | 49. Forefoot | 69. Sole |
| 10. Ankle | 30. Ring | 50. Heel | 70. Arch |
| 11. Foot | 31. Little | 51. Ball | 71. Sole |
| 12. Toe | 32. Pinky | 52. Arch | 72. Ball |
| 13. Heel | 33. Ring | 53. Sole | 73. Arch |
| 14. Arch | 34. Middle | 54. Ball | 74. Sole |
| 15. Ball | 35. Index | 55. Arch | 75. Ball |
| 16. Sole | 36. Thumb | 56. Ball | 76. Arch |
| 17. Arch | 37. Index | 57. Arch | 77. Ball |
| 18. Ball | 38. Middle | 58. Ball | 78. Arch |
| 19. Sole | 39. Ring | 59. Arch | 79. Ball |
| 20. Arch | 40. Little | 60. Ball | 80. Arch |

Golds Gym Exercise Guide

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

Golds Gym Exercise Guide:

The Official Gold's Gym Beginner's Guide to Fitness David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food **The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover The Gold's Gym Training Encyclopedia Peter Grymkowski, 1984 The Gold's Gym Training Encyclopedia is the best book of its kind I wish I had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold's Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilders only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim Kimber are co owners of Gold's Gym Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including The Gold's Gym Book of Bodybuilding Weight Training for Beginners and Bodybuilding for Beginners all published by Contemporary **The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright, 2004-08 Publisher Description Make a Fitness Plan The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes **V!VA Travel Guides** Rick Segreda, Paula Newton, Lorraine Caputo, 2009 A guidebook that contains reports and travel conditions in the areas South of Lima devastated by the August 2007 Pisco Earthquake It helps visitors to explore Peru's ruins including the Ollantaytambo Cusco the fortress of Kuelap and also the white city of Arequipa surrounded by snow capped volcanoes **Insiders' Guide® to Myrtle Beach and the Grand Strand** Janice McDonald, 2009-12-22 Insiders Guide to St Myrtle Beach and the Grand Strand is the essential source for in depth travel and relocation information to this popular South Carolina vacation

destination Written by a local and true insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment **Insiders'**

Guide® to Dallas & Fort Worth June Naylor,2010-03-23 Your Travel Destination Your Home Your Home To Be Dallas Fort Worth Fort Worth is where the West begins it s said and Dallas is where the East peters out A personal practical perspective for travelers and residents alike Comprehensive listings of attractions restaurants and accommodations How to live thrive in the area from recreation to relocation Countless details on shopping arts entertainment and children s activities **VIVA Travel Guides Machu Picchu and Cusco** Paula Newton,2011-02 This is the most up to date book on visiting Machu Picchu Cusco and the Sacred Valley available period V VA is the one guide you ll need to get the most out of your trip to Machu Picchu and the Inca empire Written by Cusco experts in this book you can Explore Machu Picchu using the self guided tour and color map Go beyond sightseeing and truly understand the ruins and Inca culture Trek the Inca Trail or one of the many Inca Trail alternatives while having a minimal impact on the environment Immerse yourself in Cusco life by using the extensive informtion on studying spanish volunteering working and living Taste local Peruvian cuisine in world famous restaurants or track down cheap good eats while live Andean music fills the streets Find all the nuts and bolts you need to navigate your way from the streets of Lima to the gates of Machu Picchu Stay safe with the most up to date guide available continuously updated by the VIVA community on the www.vivatravelguides.com website **Insiders' Guide® to Greater Fort Lauderdale** Caroline Sieg,Steve Winston,2010-12-21 A first edition Insiders Guide to Greater Fort Lauderdale is the essential source for in depth travel and relocation information to this beautiful Florida region Written by a local and true insider this guide offers a personal and practical perspective of Fort Lauderdale and its surrounding environs **Cairo** Claire E. Francy,Lesley Lababidi,2008-06 The guide described by The New York Times as indispensable revised and updated for 2008 fills a vital niche for expatriates and Cairenes alike who need a helping hand to organize and enjoy the challenges of a sojourn in Cairo The basics of daily life finding a flat transporting personal goods investigating school options for children navigating Egypt s famous bureaucracy and the intricacies of feeding and clothing oneself and one s family from the local market are all detailed here Advice gathered from a wide range of Cairo insiders both native and foreign gives the reader a cornucopia of current facts on prices neighborhoods product availability work and business opportunities and the dizzying range of cultural and leisure pursuits that Cairo is famous for The format of this edition addresses the needs of independently minded tourists as well as residents by the inclusion of an A to Z directory of goods services and interests subdivided by neighborhood a language section on the basics of Cairene Arabic and details on shopping and sightseeing from a resident s perspective Cairo The Practical Guide now in its sixteenth edition is the key to deciphering the complexities of living working and enjoying life in one of the world s most exciting and dauntingly complex mega cities **Plunkett's Sports Industry Almanac 2009** Jack W. Plunkett,2008 A guide to the business side of sports teams marketing and equipment a tool for

strategic planning competitive intelligence employment searches or financial research It contains trends statistical tables and an industry glossary It includes over 350 one page profiles of sports industry firms companies and organizations **The Gold's Gym Book of Bodybuilding** Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip

The Unofficial Guide to Las Vegas 2015 Bob Sehlinger,2014-08-18 With insightful writing up to date reviews of major attractions and a lot of local knowledge The Unofficial Guide to Las Vegas by Bob Sehlinger has it all Compiled and written by a team of experienced researchers whose work has been cited by such diverse sources as USA Today and Operations Research Forum The Unofficial Guide to Las Vegas digs deeper and offers more than can any single author This is the only guide that explains how Las Vegas works and how to use that knowledge to make every minute and every dollar of your time there count With advice that is direct prescriptive and detailed it takes out the guesswork Eclipsing the usual list of choices it unambiguously rates and ranks everything from hotels restaurants and attractions to rental car companies With The Unofficial Guide to Las Vegas you know what s available in every category from the best to the worst The reader also finds fascinating sections about the history of the town and chapters on gambling The Unofficial Guide to Las Vegas emphasizes how to have fun and understand the crazy environment that is today s Vegas It s a keeper *Bringing Home the Gold*

Grades 9-12 John S. Morton,Mark C. Schug,2001 Bringing Home the Gold contains 22 activitybased lessons for high school students Students make important financial decisions about earning an income saving and spending using credit and budgeting This publication contains instructions for teaching the lessons **Gold's Gym Mass Building, Training, and Nutrition System** Ed Connors,1992 Bodybuilders around the world look to Gold s Gym for state of the art instruction This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves Arnold Schwarzenegger Lee Haney Lou Ferrigno Lee Labrada Debby McKnight and others 250 photographs [The Rough Guide to San Francisco and the Bay Area](#)

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ACSM's Fitness Assessment Manual American College of Sports Medicine,2021-05-18 Published by the American College of Sports Medicine ACSM s Fitness Assessment Manual builds on the standards established in ACSM S Guidelines for Exercise Testing and Prescription 11th Edition With a focus on assessment this new 6th edition is organized by component of fitness body composition cardiorespiratory fitness muscular fitness flexibility and by type of testing maximal and submaximal exercise testing ECG and metabolic calculations Updated coverage throughout in a user friendly format makes this an essential resource for those studying to enter the fitness and rehabilitation fields as well as those already working who need to align their practice to industry standards

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