

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 the bar to your thighs, 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 legs.

Muscles affected: D, L, U



7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, U



8. HANDED DIP
Stand with feet shoulder-width apart. Grip the bar with both hands. Dip your body down, then push back up.

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



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up until your chin is over the bar.

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



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with both hands. Curl the bar up towards your chest.

Muscles affected: D, L



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

Muscles affected: D, L, U, S



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

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 in the air, then the other, alternating legs.

Muscles affected: D



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

Muscles affected: D



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

Muscles affected: D, U, S



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

Muscles affected: D, L, U, S



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with both hands. Extend your arms straight out in front of you.

Muscles affected: D



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

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 straight out.

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with both hands. Lift the bar straight up from the floor.

Muscles affected: D, L, U, S



22. 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



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with both hands. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with both hands. Extend your arms straight out in front of you.

Muscles affected: D, L



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

Muscles affected: D, L



26. FRONT KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L, U



27. KICK BACK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L, U



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with both hands. Adduct your knees towards your chest.

Muscles affected: D, L



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Grip the bar with both hands. Adduct your knees towards your chest.

Muscles affected: D, L



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

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side, then the other, alternating arms.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side, then the other, alternating arms.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm straight up in the air, then the other, alternating arms.

Muscles affected: D, L, U



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L, U, S



35. BENT KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L, U, S

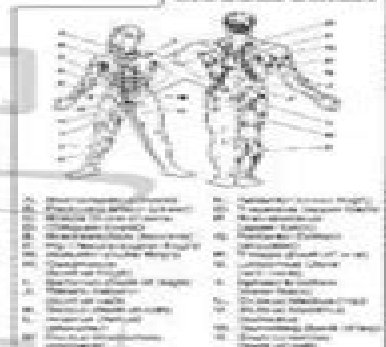


36. SHAVED KICK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other, alternating legs.

Muscles affected: D, L, U, S



MUSCLE CHART



Golds Gym Exercise Guide

Michael Brown

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

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