

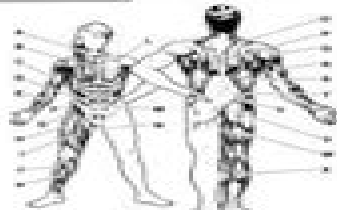
<p>1 BENCH PRESS</p> <p>Set on the seat and hold the handles with an overhand grip. Push your elbows up, then your hands up. Return straight. Fully extend your arms. Return to the starting position.</p> <p>Muscles affected: B, L, T, W</p>	
<p>2 MILITARY PRESS</p> <p>Stand the system as shown for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your neck upright, fully extend your arms. Return to the starting position.</p> <p>Muscles affected: L, Q, W</p>	
<p>3 BUTTERFLY</p> <p>Sit on the seat and adjust your arms so the handles are toward each other and the pads touch. Return to the starting position.</p> <p>Muscles affected: B, L</p>	
<p>4 CALF RAISE</p> <p>Hold the handles with an overhand grip. Keep your arms at your sides and feet flat on the floor. Return to the starting position.</p> <p>Muscles affected: K, L</p>	
<p>5 SQUAT</p> <p>Hold the handles with an overhand grip, and depress your legs on the seat. Stand your legs on the seat. Move your feet back to a comfortable position.</p> <p>Muscles affected: H, L, W, W</p>	
<p>6 ALTERNATE LEG RAISE</p> <p>Place the right arm with your foot on the seat and your arm extending your weight. Slowly raise your leg until it is parallel to the floor. Hold it in position. Alternate legs with each repetition.</p> <p>Muscles affected: L, T, W</p>	
<p>7 VERTICAL KNEE RAISE</p> <p>Place the right arm with your foot on the seat and your arm extending your weight. Slowly raise your leg as high as they will go. Hold it in position. Alternate legs. Return to the starting position.</p> <p>Muscles affected: T, W</p>	
<p>8 ASSISTED DIP</p> <p>Select the desired weight setting. Grasp the air handles with your arms straight and your knees resting on the pads. Stand on your feet. Return to the starting position.</p> <p>Muscles affected: L, L, Q, R, Q, R, B</p>	
<p>9 PULL-UP</p> <p>Grab the pull-up handles on the arms. Lower your body until your arms are straight. Slowly pull your body up and down until it is again straight. Return to the starting position.</p> <p>Muscles affected: C, L, S, R, B</p>	
<p>10 PREACHER CURL</p> <p>Sit on the seat and rest your arms on the seat. Rest your feet on the seat and overhand grip and extend your arms. Slowly curl the bar back toward your chest. Return to the starting position.</p> <p>Muscles affected: C, B</p>	

<p>11 LEG PRESS</p> <p>Sit on the seat and place your feet on the press plate as shown. Press the bar down on the seat. Fully extend your legs. Do not lock your knees. Return to the starting position.</p> <p>Muscles affected: H, V, W, K</p>	
<p>12 LEG EXTENSION</p> <p>Sit on the seat and position your feet under the pads on the leg lever. Raise the leg lever until your legs are straight. Return to the starting position.</p> <p>Muscles affected: H</p>	
<p>13 LEG CURL</p> <p>Stand with the back of one leg resting against one of the seats on the leg lever. Raise the leg lever by the starting position.</p> <p>Muscles affected: W</p>	
<p>14 AB CRUNCH</p> <p>Attach the air straps to the air cables. Hold the air straps over your shoulders. Lower yourself, bending at your waist and keeping your back straight.</p> <p>Muscles affected: W</p>	
<p>15 TRICEPS PRESS DOWN</p> <p>Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Move your feet back to a comfortable position. Fully extend your arms. Return to the starting position.</p> <p>Muscles affected: S, W</p>	
<p>16 STIFF ARM PUSHDOWN</p> <p>Connect the lat bar to the high cable. Stand on the seat and grasp the lat bar with a stiff arm. Fully extend your arms. Lower the bar toward your legs. Return to the starting position.</p> <p>Muscles affected: L, R, R, B</p>	
<p>17 LAT PULL-DOWN</p> <p>Attach the lat bar to the high cable. In facing the system, connect your arm to the lat bar with an overhand grip and hold the bar with an overhand grip. Pull the lat bar down as far as you can. Return to the starting position.</p> <p>Muscles affected: C, L, R, B</p>	
<p>18 TRICEPS EXTENSION</p> <p>Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.</p> <p>Muscles affected: W, W</p>	
<p>19 CROSSOVER FLY</p> <p>Attach the handles to the arms. Stand sideways and hold the handles as shown. Keep your feet straight and pull the handles together in front of you in a hugging motion. Return to the starting position.</p> <p>Muscles affected: L, L, S, B</p>	
<p>20 BACK EXTENSION</p> <p>Attach the lat bar to the low cable. Sit on the floor and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.</p> <p>Muscles affected: T</p>	

<p>21 DEAD LIFT</p> <p>Attach the lat bar to the low cable. Stand your knees and hold the lat bar with an overhand grip. Fully extend your legs, keeping your arms and back straight, and your feet up. Return to the starting position.</p> <p>Muscles affected: L, H, T, V, W</p>	
<p>22 SIDE BEND</p> <p>Attach the handles to the low cable. Stand sideways and bend forward, bending one arm downward, and hold the handle along the side of your head. Return to the starting position.</p> <p>Muscles affected: D, L, W</p>	
<p>23 SHOULDER BARG</p> <p>Attach the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhand grip. Keep your arms at your sides. Grip your feet on the seat. Return to the starting position.</p> <p>Muscles affected: L, Q, P</p>	
<p>24 OVERHEAD EXTENSION</p> <p>Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Fully extend your arms. Return to the starting position.</p> <p>Muscles affected: L, B</p>	
<p>25 ISOLATION CURL</p> <p>Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhand grip. Hold your arm at your side and curl the handle toward your shoulder. Curl to the start of your range of motion.</p> <p>Muscles affected: C, B</p>	
<p>26 FRONT KICK</p> <p>Attach the ankle strap to the low cable. Stand sideways and extend your leg into the ankle strap. Keep your leg straight and kick it forward as shown. Return to the starting position.</p> <p>Muscles affected: L, Q, R, H</p>	
<p>27 HEEL KICK</p> <p>Attach the ankle strap to the low cable. Extend one leg into the ankle strap with your knee straight. Kick your leg back as shown. Return to the starting position.</p> <p>Muscles affected: L, V, W</p>	
<p>28 HIP ABDUCTION</p> <p>Attach the ankle strap to the low cable. Stand sideways and extend your outside leg out and across the side. Return to the starting position.</p> <p>Muscles affected: L, B</p>	
<p>29 HIP ADDUCTION</p> <p>Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Move your leg out and across the side. Return to the starting position.</p> <p>Muscles affected: L, W</p>	
<p>30 STRAING CURL</p> <p>Attach the lat bar to the low cable. Sit on the floor and hold the lat bar with an overhand grip. Keep your arms at your sides and pull the lat bar up toward your chest. Return to the starting position. To vary the curl, rest the lat bar with an overhand grip.</p> <p>Muscles affected: C, B</p>	

<p>31 LATERAL RAISE</p> <p>Attach a handle to the low cable. Stand sideways, extend one arm and hold the handle in the side until your hand is level with your shoulder. Return to the starting position.</p> <p>Muscles affected: L, Q, Q</p>	
<p>32 BENT LATERAL RAISE</p> <p>Attach the handles to the low cable. Stand sideways and bend forward, bending one arm downward, and hold the handle with your arm bent. Hold the handle to the side until your hand is level with your shoulder. Return to the starting position.</p> <p>Muscles affected: Q, Q</p>	
<p>33 FRONT RAISE</p> <p>Attach the lat bar to the low cable. Extend one arm downward and hold the lat bar with an overhand grip. Keeping your arm straight, raise the arm to a level with your shoulder. Return to the starting position.</p> <p>Muscles affected: L, P, Q</p>	
<p>34 UPRIGHT ROW</p> <p>Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar to your chest. Return to the starting position.</p> <p>Muscles affected: C, L, L, Q, P, Q</p>	
<p>35 BENT ROW</p> <p>Attach the handle to the low cable. Stand forward, extend your arms, and hold the handle with an overhand grip. Keep your back straight and pull the handle toward your chest. Return to the starting position.</p> <p>Muscles affected: C, L, S, P, Q, S, T</p>	
<p>36 SEATED ROW</p> <p>Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar to your chest. Return to the starting position.</p> <p>Muscles affected: C, L, S, P, Q, S, T</p>	

MUSCLE CHART



- | | |
|-------------------------------|----------------------------------|
| A. Deltoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Biceps brachii (back) |
| D. Triceps (back of arm) | Q. Triceps (back of arm) |
| E. Brachioradialis (forearm) | R. Pronator (elbow) |
| F. Iliopsoas (upper thigh) | S. Obliques |
| G. Adductor (outer thigh) | T. Latissimus Dorsi (chest back) |
| H. Quadriceps | U. Scarus (elbow) |
| I. Hamstring (back of thigh) | V. Soleus (back) |
| J. Sartorius (front of thigh) | W. Gluteus Medius (hip) |
| K. Tensor (front of calf) | X. Gluteus Maximus (hip) |
| L. Gastrocnemius (calf) | Y. Hamstring (back of leg) |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius (back of calf) |

WARNING: Before beginning an exercise program, consult your physician. This is especially important for persons under the age of 25 or persons with pre-existing health problems. NOBEX assumes no responsibility for personal injury or property damage sustained by or through the use of your weight system.

IMPORTANT: This exercise chart is a selection of exercises that can be performed using NOBEX® weight systems. Make sure your weight system will have all of the features shown on this chart. Therefore, you may not be able to perform all of the exercises shown. Refer to your store to request the additional exercise information.

Gold's Gym Workout Manual

Leo Costa Jr.



Golds Gym Workout Manual:

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

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 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

Fit for Consumption Jennifer Smith Maguire,2007-09-06 This is the first text to offer a comprehensive socio cultural and historical analysis of the current fitness culture Fitness today is not simply about health clubs and exercise classes or measures of body mass index and cardiovascular endurance Fit for Consumption conceptualizes fitness as a field within which individuals and institutions may negotiate if not altogether reconcile the competing and often conflicting social demands made on the individual body that characterize our current era Intended for researchers and senior undergraduate and postgraduate students of sport leisure cultural studies and the body this book utilizes the US fitness field as a case study through which to explore the place of the body in contemporary consumer culture Combining observations in health clubs interviews with fitness producers and consumers and a discourse analysis of a wide variety of fitness texts this book provides an empirically grounded examination of one of the pressing theoretical questions of our time how individuals learn to fit into consumer culture and the service economy and how our bodies and selves become fit for consumption

3 Strokes In 3 Weeks Saved My Life Leo Costa Jr.,2021-03-25 There were things I was doing in my life that caused 3 strokes in 3 weeks and I needed to figure out what they were and why this had happened to me so that I could make the change in my life I was in desperate need of making Having 3 strokes in 3 weeks was a huge wake up call I knew I needed to change something before I killed myself and I believed the only way I could do that was by finding an answer as to how I got here in the first place This meant asking myself what was I doing wrong and why was I doing it I needed to know and understand what I was doing to my body so that I could come out of this recover and make sure it never happened again This change was going to begin be rediscovering who I was While looking back in hindsight I was surprised to uncover some things about myself I realized that I have extreme behavior for the things I have passion for and this took a big part in the conclusion as to why I was putting so much stress on my body When I have a passion for something I learned I have perfect willingness and drive to be the best at it no matter the consequences that may follow I was surprised to learn that in the journey of my life there were these pathways that I had chosen without thinking at the times why I was choosing them and now those choices were helping me understand my behavior giving me the ability to control them for the future 3 strokes in 3 weeks was my

wake up call That s what it took in order to save me from myself

Army Physical Readiness Training Manual Barry Leonard,2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training s fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit s training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub

Train for Strength The Experts at Gold's Gym,2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they re training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength

The Weider System of Bodybuilding Joe Weider,Bill Reynolds,1983 Time tested principles that help bodybuilders get the most out of their training

The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

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 Gold's Gym Training Encyclopedia Peter Grymkowski,1984 The Gold s Gym Training Encyclopediais the best book of its kind I wish I d 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 Encyclopediadetails 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 bodybuildersonly 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 Complete Guide to Boxing Fitness Hilary Lissenden, 2015-01-08 A comprehensive practical guide to non contact boxing looks at workouts in an individual group or class setting Learn how to improve clients body composition heart lung stamina strength speed coordination balance and flexibility It also covers boxing training's less tangible but equally important benefits such as building confidence and self esteem especially relevant to schools and young people Key features include Fully illustrated with vibrant photographs and practical diagrams for imparting core boxing and safety techniques e.g wrapping clients hands teaching correct stance punches and combinations Sample training programmes for clients of differing abilities and fitness levels with guidance on safe and appropriate progression Relevant content on dietary and health matters *The Complete Guide to Boxing Fitness* is a tried and tested unique guide to boxing skills and drills for the fitness and sporting arenas [Subject Guide to Books in Print](#), 1997

Take the Cardio Challenge The Experts at Gold's Gym, 2018-12-15 This book reminds students that there are many ways to exercise From walking to running cycling to boxing high intensity interval training to swimming this guidebook provides readers with a variety of cardiovascular training exercises Students will receive sample exercises and stretches to add to their repertoire and learn about the importance of cardiovascular exercise This book demonstrates the physical benefits such as increased blood circulation improved stamina and stronger heart and lungs that exercise has on the body [The Three Muscleteers](#) Ed Connors, 2022-04-12 *The Three Muscleteers* is the story of Gold's Gym and what's now known around the world as the fitness industry Not long ago athletes of most popular sports football basketball baseball never lifted weights Coaches and trainers even doctors were against it especially for women The film *Pumping Iron* which made Arnold Schwarzenegger a star was shot at Gold's Gym That along with the explosion of bodybuilding competitions that followed throughout the 80s was a big bang moment Thanks to the trifecta of Joe Weider's fitness magazines Arnold's stardom and Gold's Gym the fitness industry was transformed As one of the three owners of Gold's Gym during its golden years Ed Connors will inspire with his success stories of hundreds of visitors to his home in Venice CA only blocks from Gold's Gym Visitors he believed were destined for greatness like action film star and WWE champion John Cena who helped make Gold's Gym the Mecca and the largest gym chain in the world Ed believes life is half fate and half what you do with it *The Three Muscleteers* amplifies the importance of taking risks creating the perfect team and never giving up inspiring bodybuilders wrestlers athletes actors architects CEOs and anyone willing to take a chance to flex their own muscles [Library Journal](#), 1981-07 [Exercise Manuals](#) George Albert Wentworth, 1889

Wentworth & Hill's Exercise Manuals George Albert Wentworth, 1884

Wentworth & Hill's Exercise Manuals George Albert Wentworth, 1889 *Wentworth & Hill's Exercise Manual* George Albert Wentworth, 1888

Reviewing **Golds Gym Workout Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Golds Gym Workout Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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