

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, W



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: L, U, W



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, W



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, W



7. VERTICAL BARRED RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up to your chest, then lower it.

Muscles affected: D, L



8. HANGING KIP
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar, then pull yourself up.

Muscles affected: D, L, U, W, H



9. PULL-UP
Hang from a pull-up bar with arms straight. Pull yourself up until your chin is over the bar.

Muscles affected: D, L, U, W, H



10. TREADMILL CURL
Stand on a treadmill with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up to your chest.

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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

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. Swing your legs up and over your head, then back down.

Muscles affected: D



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

Muscles affected: D



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L, U, W



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar straight out from your chest.

Muscles affected: D



19. CROUCHDOWN FLY
Crouch down with feet shoulder-width apart. Fly your arms out to the sides.

Muscles affected: D, L, U, W



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

Muscles affected: D



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

Muscles affected: D, L, U, W



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. Swing your arms up and over your head.

Muscles affected: D, L, U



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend the bar straight out from your chest.

Muscles affected: D, L



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

Muscles affected: D, L



26. FRONT SWING
Stand with feet shoulder-width apart. Swing your arms up and over your head.

Muscles affected: D, L, U, W



27. KNEEL SWING
Kneel with feet shoulder-width apart. Swing your arms up and over your head.

Muscles affected: D, L



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, L



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

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift your arms out to the sides.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift your arms out to the sides, bent at the elbow.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift your arms straight up in front of you.

Muscles affected: D, L, U



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Swing your arms up and over your head.

Muscles affected: D, L, U, W



35. BENT KICK
Stand with feet shoulder-width apart. Kick your legs up and over your head.

Muscles affected: D, L, U, W, H

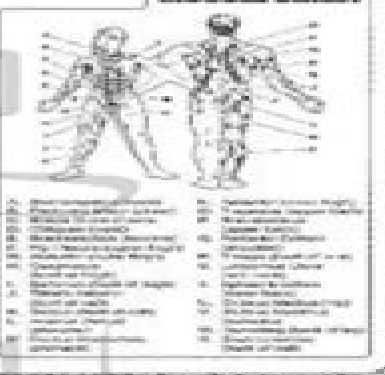


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick your legs up and over your head.

Muscles affected: D, L, U, W, H



MUSCLE CHART



Golds Gym Exercise Guide

Caroline Sieg, Steve Winston

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

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