

GOLD'S GYM

WEIGHT SYSTEM EXERCISE GUIDE

1. BENCH PRESS
The bar starts over the head, then is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

2. MILITARY PRESS
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: L, U, W

3. BUTTERFLY
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

4. GOLF SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

5. SQUAT
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

6. HORIZONTAL BARRED SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

7. KNEELED SQUAT
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

8. PULL-UP
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

9. TREADMILL CLIMB
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L



10. LEG PRESS
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

11. LEG EXTENSION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

12. LEG CURL
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

13. AIR CRACK
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

14. TRICEPS PRESS DOWN
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

15. BENT ARM PUNCHDOWN
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

16. LAT PULL DOWN
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

17. TRICEPS EXTENSION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D

18. CROUCHDOWN PLY
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W



19. DEAD LIFT
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

20. GOLF SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

21. SHOULDER SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U

22. OVERHEAD EXTENSION
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

23. REGULATION CURL
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

24. FRONT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

25. HELL SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

26. SQUAT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L

27. TREADMILL CLIMB
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L



28. LATERAL SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U, W

29. BENT LATERAL SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U

30. FRONT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

Muscles affected: D, L, U

31. GOLF SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

32. BENT SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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

33. SHAVED SWING
The bar starts at the shoulders, is lowered to the chest, and then pushed back up to the starting position.

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



MUSCLE CHART



- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |
|---|---|---|---|---|---|---|---|---|-----|

Golds Gym Exercise Guide

S Ashworth

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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