

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. Lift the bar from the floor to your shoulders, then press it straight up.

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 bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders, then press it straight up.

Muscles affected: L, U, W



5. SQUAT
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: D, L, U, W



6. ALTERNATE LEG RAISE
Lies on your back with knees bent and feet flat on the floor. Lift one leg straight up, then the other.

Muscles affected: D, L, U, W



7. VERTICAL KICK
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



8. HANDED SW
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W, L, U, W



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up.

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



10. TREADMILL CURL
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L, U, W



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



19. CROUCHING PLY
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



20. BACK EXTENSION
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



21. DEAD LIFT
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: D, L, U, W



22. GOLF SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



23. SHOULDER SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



25. REGULATION CURL
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



26. FRONT SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



27. KICK SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



28. SWAY ADDUCTION
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



29. SWAY ADDUCTION
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



30. STANDING CURL
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



34. UPRIGHT SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



35. BENT SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W

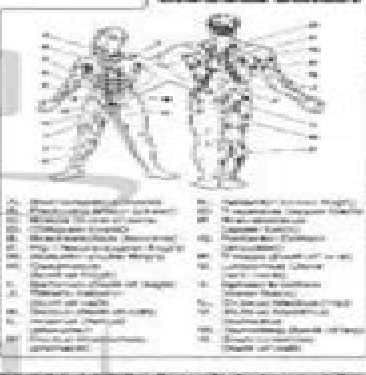


36. SHAVED SWING
Stand with feet shoulder-width apart. Lift one leg straight up.

Muscles affected: L, U, W



MUSCLE CHART



Golds Gym Exercise Guide

L Manion

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.

Golds Gym Exercise Guide:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Golds Gym Exercise Guide**

In a world inundated with displays and the cacophony of instant connection, the profound energy and psychological resonance of verbal beauty frequently diminish into obscurity, eclipsed by the regular assault of sound and distractions. However, nestled within the musical pages of **Golds Gym Exercise Guide**, a captivating work of literary elegance that pulses with natural emotions, lies an unique trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, this enchanting opus instructions readers on a psychological odyssey, lightly revealing the latent potential and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect its interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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