

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, keeping it close to your body, and press it overhead.

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, keeping your feet flat on the floor.

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, keeping your feet flat on the floor.

Muscles affected: D, L, U, W



7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L



8. HANGING KIP
Hang from a bar with arms straight. Swing your legs up, then down, keeping your feet flat on the floor.

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



9. PULL-UP
Hang from a bar with arms straight. Pull your body up, keeping your feet flat on the floor.

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



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



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

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, keeping your feet flat on the floor.

Muscles affected: D, L



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

Muscles affected: D, L



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. 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



17. LAT PULL DOWN
Stand with feet shoulder-width apart. 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



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



19. CROUCHDOWN FLY
Stand with feet shoulder-width apart. 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



20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Push the bar up, keeping your feet flat on the floor.

Muscles affected: D, L



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor, keeping it close to your body, and press it overhead.

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, keeping your feet flat on the floor.

Muscles affected: D, L



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



26. FRONT KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L, U, W



27. KICK BACK
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L



28. KIP ADDUCTION
Hang from a bar with arms straight. Swing your legs up, then down, keeping your feet flat on the floor.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a bar with arms straight. Swing your legs up, then down, keeping your feet flat on the floor.

Muscles affected: D, L



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L, U



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

Muscles affected: D, L, U, W



35. BENT KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

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



36. SHAVED KICK
Stand with feet shoulder-width apart. Lift one leg up, then the other, keeping your feet flat on the floor.

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



MUSCLE CHART

1. Neck
2. Shoulder
3. Upper Arm
4. Forearm
5. Wrist
6. Hand
7. Finger
8. Thumb
9. Hip
10. Thigh
11. Knee
12. Lower Leg
13. Ankle
14. Foot
15. Toe
16. Neck
17. Shoulder
18. Upper Arm
19. Forearm
20. Wrist
21. Hand
22. Finger
23. Thumb
24. Hip
25. Thigh
26. Knee
27. Lower Leg
28. Ankle
29. Foot
30. Toe

Golds Gym Exercise Guide

Tobias Bleicker

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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