

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

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, B

3. BUTTERFLY
Lies on your back with knees bent and feet flat on the floor. Grip the bar with hands shoulder-width apart. Press the bar straight up over your head.

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

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

7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L

8. KNEELED SQUAT
Kneel on your knees 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, B, F

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

Muscles affected: D, L, U, B, F

10. TREADMILL CURL
Stand on a treadmill 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



11. LEG PRESS
Lies on your back with knees bent and feet flat on the floor. Press the bar straight up over your head.

Muscles affected: D, L, U, B

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. Lift one leg straight up, then the other.

Muscles affected: D

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

Muscles affected: D

15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Press the bar straight down over your head.

Muscles affected: D

16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Punch the bar straight down over your head.

Muscles affected: D, L, U

17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar straight down over your head.

Muscles affected: D, L, U

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

Muscles affected: D

19. CROUCHDOWN FLIP
Crouch down with feet shoulder-width apart. Flip your body over.

Muscles affected: D, L, U, B

20. BACK EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend your back straight out.

Muscles affected: D



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar straight up over your head.

Muscles affected: D, L, U, B

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. Grip the bar with hands shoulder-width apart. Swing the bar back and forth.

Muscles affected: D, L, U

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

Muscles affected: D, L

25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar straight up over your head.

Muscles affected: D, L

26. FRONT KICK
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L, U

27. KICK BACK
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L

28. KIP ADDUCTION
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L

29. KIP ADDUCTION
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L

30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar straight up over your head.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side.

Muscles affected: D, L, U

32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side.

Muscles affected: D, L, U

33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm straight up over your head.

Muscles affected: D, L, U

34. UPRIGHT KICK
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L, U, B

35. BENT KICK
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L, U, B, F

36. SHAVED KICK
Stand with feet shoulder-width apart. Lift one leg straight up, then the other.

Muscles affected: D, L, U, B, F



MUSCLE CHART



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- 36. SHAVED KICK

Golds Gym Exercise Guide

Paula Newton



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