

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 bar with hands shoulder-width apart. Swing the bar in a golfing motion.

Muscles affected: D, L

5. SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Squat down, 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. Raise one leg straight up, then the other.

Muscles affected: D, L, U

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

Muscles affected: D, L

8. KNEELED SQUAT
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Squat down, then stand back up.

Muscles affected: D, L, U, B, H, K

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, 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 towards your chest.

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 one leg straight out.

Muscles affected: D

13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Curl one leg up towards your chest.

Muscles affected: D

14. AIR CRACK
Stand with feet shoulder-width apart. Crack your knees together.

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.

Muscles affected: D

16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch one arm straight down.

Muscles affected: D, L, U, B

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

Muscles affected: D, L, U, B

18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend one arm 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 one leg 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.

Muscles affected: D, L, U, B

22. GOLF SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar 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 in a shoulder motion.

Muscles affected: D, L, U

24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Extend one arm 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 up towards your chest.

Muscles affected: D, L

26. FRONT KICK
Stand with feet shoulder-width apart. Kick one leg straight out.

Muscles affected: D, L, U, B

27. KNEEL SQUAT
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Squat down, then stand back up.

Muscles affected: D, L

28. SQUAT ADDUCTION
Stand with feet shoulder-width apart. Adduct one leg.

Muscles affected: D, L

29. SQUAT ADDUCTION
Stand with feet shoulder-width apart. Adduct one leg.

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 towards your chest.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise one arm straight out.

Muscles affected: D, L, U

32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise one arm straight out.

Muscles affected: D, L, U

33. FRONT RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Raise one arm straight out.

Muscles affected: D, L, U

34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick one leg straight out.

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

35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg straight out.

Muscles affected: D, L, U, B, H, K

36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg straight out.

Muscles affected: D, L, U, B, H, K



MUSCLE CHART



- 1. Neck
- 2. Shoulder
- 3. Upper Arm
- 4. Forearm
- 5. Hand
- 6. Back
- 7. Neck
- 8. Shoulder
- 9. Upper Arm
- 10. Forearm
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- 297. Upper Arm
- 298. Forearm
- 299. Hand
- 300. Back

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Zhe Xu

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