

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

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. 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 in a circular motion.

Muscles affected: L, U



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

Muscles affected: L, U



8. HANGING KICK
Hang from a pull-up bar with arms straight. Kick one leg straight up.

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



9. PULL-UP
Hang from a pull-up bar with arms straight. Pull your body up.

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



10. TREADMILL CLIMB
Walk or run on a treadmill.

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



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

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B



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

Muscles affected: L, U



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Push the bar down with your triceps.

Muscles affected: D, L, U, B



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Punch the bar down with your bent arm.

Muscles affected: D, L, U, B



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Pull the bar down with your lats.

Muscles affected: D, L, U, B



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Push the bar up with your triceps.

Muscles affected: D, L, U, B



19. CROUCHDOWN FLIP
Crouch down with feet shoulder-width apart. Flip the bar up.

Muscles affected: D, L, U, B



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

Muscles affected: D, L, U, B



21. DEAD LIFT
Stand with feet shoulder-width apart. Lift the bar from the floor.

Muscles affected: D, L, U, B



22. GOLF SWING
Stand with feet shoulder-width apart. Swing the club back and forth in a circular motion.

Muscles affected: L, U, B



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing the bar back and forth in a circular motion.

Muscles affected: D, L, U, B



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Push the bar up with your overhead.

Muscles affected: D, L, U, B



25. REGULATION CURL
Stand with feet shoulder-width apart. Curl the bar up with your biceps.

Muscles affected: D, L, U, B



26. FRONT KICK
Stand with feet shoulder-width apart. Kick the bar forward.

Muscles affected: D, L, U, B



27. KICK BACK
Stand with feet shoulder-width apart. Kick the bar back.

Muscles affected: D, L, U, B



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Adduct the bar with your knees.

Muscles affected: D, L, U, B



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Adduct the bar with your knees.

Muscles affected: D, L, U, B



30. STANDING CURL
Stand with feet shoulder-width apart. Curl the bar up with your biceps.

Muscles affected: D, L, U, B



31. LATERAL RAISE
Stand with feet shoulder-width apart. Raise the bar to the side.

Muscles affected: D, L, U, B



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Raise the bar to the side with a bent arm.

Muscles affected: D, L, U, B



33. FRONT RAISE
Stand with feet shoulder-width apart. Raise the bar forward.

Muscles affected: D, L, U, B



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick the bar straight up.

Muscles affected: D, L, U, B



35. BENT KICK
Stand with feet shoulder-width apart. Kick the bar forward with a bent arm.

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

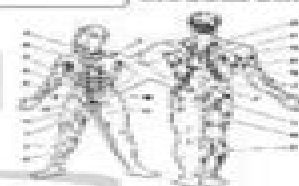


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick the bar forward with a shaved arm.

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



MUSCLE CHART



- | | | | |
|---------------------|-------------|----------|----------|
| 1. Biceps | 11. Triceps | 21. Neck | 31. Neck |
| 2. Deltoids | 12. Triceps | 22. Neck | 32. Neck |
| 3. Pectorals | 13. Triceps | 23. Neck | 33. Neck |
| 4. Latissimus | 14. Triceps | 24. Neck | 34. Neck |
| 5. Trapezius | 15. Triceps | 25. Neck | 35. Neck |
| 6. Rhomboids | 16. Triceps | 26. Neck | 36. Neck |
| 7. Erector Spinae | 17. Triceps | 27. Neck | 37. Neck |
| 8. Gluteus Maximus | 18. Triceps | 28. Neck | 38. Neck |
| 9. Gluteus Medius | 19. Triceps | 29. Neck | 39. Neck |
| 10. Gluteus Minimus | 20. Triceps | 30. Neck | 40. Neck |

Golds Gym Exercise Guide

Peter Grymkowski



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