

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Place your elbows on the outside arms of the machine. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M



2 MILITARY PRESS

Place the system as occurred for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, O, M



3 BUTTERFLY

Sit on the seat and place your arms on the butterfly arms. Push the arms outward. Push the arms inward. Return to the starting position.

Muscles affected: B, L



4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides. Push the seat up on your heels. Return to the starting position.

Muscles affected: K, R



5 SQUAT

Hold the handles with an overhand grip, and grasp your legs on the outside arms of the machine. Stand with your feet on the foot plate. Return to the starting position.

Muscles affected: H, L, V, M



6 ALTERNATE LEG RAISE

Place the seat on the floor and sit on the seat. Place your feet on the foot plate. Push the seat up on your heels. Return to the starting position. Alternate legs with each repetition.

Muscles affected: L, V, M



7 VERTICAL KNEE RAISE

Place the seat on the floor and sit on the seat. Place your feet on the foot plate. Push the seat up on your heels. Return to the starting position. Alternate legs with each repetition.

Muscles affected: H, M



8 ASSISTED DIP

Place the seat on the floor and sit on the seat. Place your feet on the foot plate. Push the seat up on your heels. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, L, O, R, Q, R, B



9 PULL-UP

Place the seat on the floor and sit on the seat. Place your feet on the foot plate. Push the seat up on your heels. Return to the starting position. Alternate legs with each repetition.

Muscles affected: C, E, S, R, B



10 PREACHER CURL

Sit on the seat and rest your arms on the preacher pad. Hold the handles with an overhand grip and extend your arms. Bend your elbows. Return to the starting position.

Muscles affected: C, B



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the seat up on your heels. Return to the starting position.

Muscles affected: H, V, M, R



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Raise the leg lever until your legs are straight. Return to the starting position.

Muscles affected: M



13 LEG CURL

Stand with the back of one leg resting against one of the seats on the leg lever. Raise the leg lever to the starting position.

Muscles affected: M



14 AB CRUNCH

Attach the ab strap to the ab cable. Hold the ab straps over your shoulders. Lower the seat. Return to the starting position.

Muscles affected: M



15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: B, M



16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand with your feet on the foot plate. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: B, R, B



17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhand grip. Pull the bar down as close to your knees as possible. Return to the starting position.

Muscles affected: C, B, R, B



18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: B, M



19 CROSSOVER FLY

Attach the handles to the cable. Stand sideways and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, S, B



20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhand grip. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Stand sideways and hold the lat bar with an overhand grip. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: B, H, T, V, M



22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, extend your arms downward, and hold the handles along the side of your body. Return to the starting position.

Muscles affected: O, E, M



23 SHOULDER BEND

Attach the lat bar to the low cable. Stand sideways and hold the lat bar with an overhand grip. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: L, O, P



24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: E, B



25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhand grip. Push the bar up until your arm is straight. Return to the starting position.

Muscles affected: C, B



26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet on the foot plate. Kick the bar up until your leg is straight. Return to the starting position.

Muscles affected: L, O, M, I



27 HEEL KICK

Attach the ankle strap to the low cable. Stand with your feet on the foot plate. Kick the bar up until your heel is straight. Return to the starting position.

Muscles affected: L, V, M



28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your arms out to the side. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: L, B



29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your arms out to the side. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: B, M



30 BRANDED CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhand grip. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways and extend your arms out to the side. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: L, O, Q



32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend your arms downward, and hold the handles along the side of your body. Return to the starting position.

Muscles affected: O, Q



33 FRONT RAISE

Attach the lat bar to the low cable. Stand with your feet on the foot plate. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: L, P, Q



34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: C, B, L, O, P, Q



35 BENT ROW

Attach the handle to the low cable. Stand sideways and bend forward, extend your arms downward, and hold the handles along the side of your body. Return to the starting position.

Muscles affected: C, B, O, P, Q, S, T



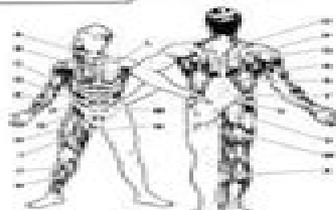
36 SEATED ROW

Place the seat on the floor and sit on the seat. Place your feet on the foot plate. Push the bar up until your arms are straight. Return to the starting position.

Muscles affected: C, B, O, P, Q, S, T



MUSCLE CHART



- | | |
|------------------------------|----------------------------|
| A. Deltoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboid |
| D. Triceps (back of arm) | Q. Protractor Deltoid |
| E. Brachioradialis (forearm) | R. Deltoid |
| F. Iliopsoas (upper thigh) | S. Latissimus Dorsi |
| G. Adductor (outer thigh) | T. Erector Spinae |
| H. Quadriceps | U. Erector Spinae |
| I. Erector Spinae | V. Gluteus Maximus |
| J. Biceps (front of thigh) | W. Gluteus Medius |
| K. Erector Spinae | X. Gluteus Minimus |
| L. Erector Spinae | Y. Hamstring (back of leg) |
| M. Erector Spinae | Z. Gastrocnemius |
| | (back of calf) |

Gold's Gym Weight Machine Manual

M Walker



Golds Gym Wight Machine Manual:

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