

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, U, V



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: U, D, 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, U



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, U



5. SQUAT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body down, then stand back up.

Muscles affected: D, U, B, V



6. ALTERNATE LEG RAISE
Lies on your back with knees bent and feet flat on the floor. Lift one leg up, then the other, alternating.

Muscles affected: D, U, B, V



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

Muscles affected: D, U



8. KNEELED SWING
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Swing the bar back and forth.

Muscles affected: D, U, B, V, B, V



9. PULL-UP
Hang from a bar with hands shoulder-width apart. Pull your body up.

Muscles affected: D, U, B, V, B, V



10. TREADMILL CURL
Stand on a treadmill with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Curl the bar up.

Muscles affected: D, U



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

Muscles affected: D, U, B, V



12. LEG EXTENSION
Lies on your back with knees bent and feet flat on the floor. Extend your legs straight out.

Muscles affected: D, U



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

Muscles affected: D, U



14. AIR CRACK
Stand with feet shoulder-width apart. Crack your legs in the air.

Muscles affected: D, U



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

Muscles affected: D, U



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

Muscles affected: D, U, B, V



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

Muscles affected: D, U, B, V



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, U



19. CROUCHDOWN FLY
Crouch down with feet shoulder-width apart. Fly your arms out to the sides.

Muscles affected: D, U, B, V



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

Muscles affected: D, U



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

Muscles affected: D, U, B, V



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the club with both hands. Swing the club back and forth.

Muscles affected: D, U



23. SHOULDER SWING
Stand with feet shoulder-width apart. Swing your arms in a circular motion.

Muscles affected: D, U, B, V



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

Muscles affected: D, U



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

Muscles affected: D, U



26. FRONT KICK
Stand with feet shoulder-width apart. Kick your leg straight forward.

Muscles affected: D, U, B, V



27. KICK BACK
Stand with feet shoulder-width apart. Kick your leg straight back.

Muscles affected: D, U



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip your legs together.

Muscles affected: D, U



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip your legs together.

Muscles affected: D, U



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

Muscles affected: D, U



31. LATERAL RAISE
Stand with feet shoulder-width apart. Raise your arms out to the sides.

Muscles affected: D, U, B, V



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Raise your arms out to the sides with bent arms.

Muscles affected: D, U, B, V



33. FRONT RAISE
Stand with feet shoulder-width apart. Raise your arms straight forward.

Muscles affected: D, U, B, V



34. UPRIGHT KICK
Stand with feet shoulder-width apart. Kick your leg straight up.

Muscles affected: D, U, B, V, B, V



35. BENT KICK
Stand with feet shoulder-width apart. Kick your leg straight up with bent arms.

Muscles affected: D, U, B, V, B, V

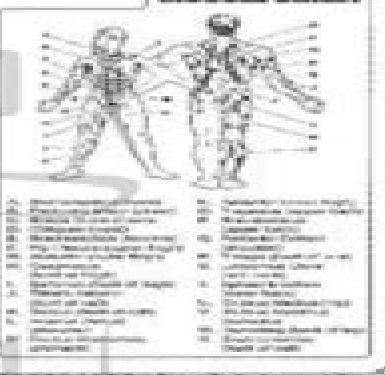


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick your leg straight up with shaved arms.

Muscles affected: D, U, B, V, B, V



MUSCLE CHART



Golds Gym Exercise Guide

RD Boyd

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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