

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. Lower the bar to your chest, then press it straight up.

Muscles affected: D, U, S



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 bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

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 chest, then press it back up.

Muscles affected: D, L, U



6. ALTERNATE LEG RAISE
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, U



7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



8. HANGING KIP
Hang from a pull-up bar with arms straight. Kip your body forward and back.

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



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

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



10. TREADMILL CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



11. LEG PRESS
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, U



12. LEG EXTENSION
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



13. LEG CURL
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



14. AIR CROUCH
Stand with feet shoulder-width apart. Crouch down and then stand back up.

Muscles affected: D



15. TRICEPS PRESS DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D



16. BENT ARM PUNCHDOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



17. LAT PULL DOWN
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



18. TRICEPS EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D



19. CROUCHDOWN FLIP
Stand with feet shoulder-width apart. Crouch down and then stand back up.

Muscles affected: D, L, U, S



20. BACK EXTENSION
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



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L, U, S



22. GOLF SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



23. SHOULDER SWING
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



24. OVERHEAD EXTENSION
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



25. REGULATION CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U



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

Muscles affected: D, U, S, B



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

Muscles affected: D, U, S



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Kip your body forward and back.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Kip your body forward and back.

Muscles affected: D, L



30. STANDING CURL
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



33. FRONT RAISE
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower the bar to your chest, then press it back up.

Muscles affected: D, U, S



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

Muscles affected: D, U, S, B



35. BENT KICK
Stand with feet shoulder-width apart. Kick your leg forward.

Muscles affected: D, U, S, B

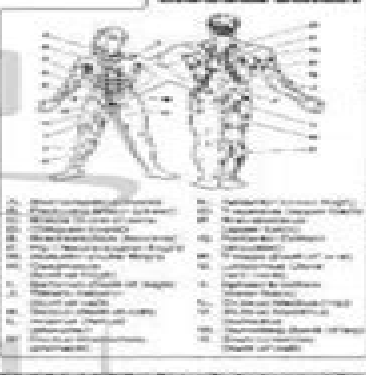


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick your leg forward.

Muscles affected: D, U, S, B



MUSCLE CHART



Golds Gym Exercise Guide

June Naylor



Golds Gym Exercise Guide:

Unveiling the Magic of Words: A Review of "**Golds Gym Exercise Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Golds Gym Exercise Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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