

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, W



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, W



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. Swing the bar back and forth in a golfing motion.

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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 legs.

Muscles affected: D, L, U, W



7. VERTICAL KICK RAISE
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other.

Muscles affected: D, L



8. KNEELED SQUAT
Kneel on your knees with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lower your body into a squat position, then stand back up.

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



9. PULL-UP
Hang from a pull-up bar with arms extended. Pull your body up until your chin is over the bar.

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



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. Push the bar up with your legs.

Muscles affected: D, L, U, W



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

Muscles affected: D



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

Muscles affected: D



14. AIR CRACK
Stand with feet shoulder-width apart. Lift one leg straight up in the air, then the other.

Muscles affected: D



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

Muscles affected: D



16. SEAT JUMP FORWARD
Sit on a bench with feet shoulder-width apart. Jump forward with your legs.

Muscles affected: D, L, U, W



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, W



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



19. CROUCHING PLY
Crouch with feet shoulder-width apart. Push the bar up with your legs.

Muscles affected: D, L, U, W



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

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, W



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

Muscles affected: D, L, U



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

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 forward.

Muscles affected: D, L, U, W



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

Muscles affected: D, L



28. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip one leg towards the center.

Muscles affected: D, L



29. KIP ADDUCTION
Stand with feet shoulder-width apart. Kip one leg towards the center.

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. Lift one arm straight out to the side.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm straight out to the side, bent at the elbow.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm straight forward.

Muscles affected: D, L, U



34. UPRIGHT ROW
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up towards your chest.

Muscles affected: D, L, U, W



35. BENT ROW
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up towards your chest, bent at the elbow.

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

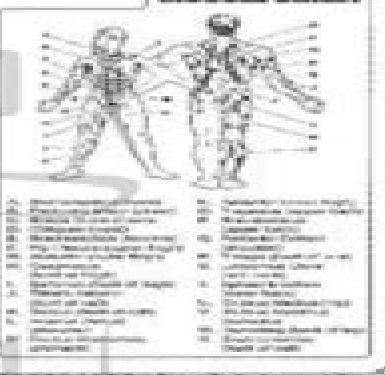


36. SHAVED ROW
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Pull the bar up towards your chest.

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



MUSCLE CHART



Golds Gym Exercise Guide

S Nieto

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Golds Gym Exercise Guide:

This book delves into Golds Gym Exercise Guide. Golds Gym Exercise Guide is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Golds Gym Exercise Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Golds Gym Exercise Guide
- Chapter 2: Essential Elements of Golds Gym Exercise Guide
- Chapter 3: Golds Gym Exercise Guide in Everyday Life
- Chapter 4: Golds Gym Exercise Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Golds Gym Exercise Guide. This chapter will explore what Golds Gym Exercise Guide is, why Golds Gym Exercise Guide is vital, and how to effectively learn about Golds Gym Exercise Guide.
3. In chapter 2, the author will delve into the foundational concepts of Golds Gym Exercise Guide. This chapter will elucidate the essential principles that must be understood to grasp Golds Gym Exercise Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Golds Gym Exercise Guide in daily life. The third chapter will showcase real-world examples of how Golds Gym Exercise Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Golds Gym Exercise Guide in specific contexts. The fourth chapter will explore how Golds Gym Exercise Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Golds Gym Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Golds Gym Exercise Guide.

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