

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

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 club with both hands. Swing the club back and forth in a circular motion.

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 thighs, then squat down.

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.

Muscles affected: D, L, U, W



7. VERTICAL BARRED RAISE
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: D, L



8. HANGING KIP
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

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



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

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



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

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L



13. LEG CURL
Lies on your back with knees bent and feet flat on the floor. Push the bar up from your thighs.

Muscles affected: D, L



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

Muscles affected: D, L



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, L



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 punch it down.

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 to 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. Lower the bar to your chest, then extend it back up.

Muscles affected: D, L



19. CROUCHDOWN FLIP
Stand with feet shoulder-width apart. Crouch down, then flip your body over.

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



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

Muscles affected: D, L



21. DEAD LIFT
Stand with feet shoulder-width apart. Grip the bar with hands shoulder-width apart. Lift the bar from the floor to your shoulders.

Muscles affected: D, L, U, W



22. 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: 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. Lower the bar to your chest, then extend it back up.

Muscles affected: D, L, 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 curl it back up.

Muscles affected: D, L



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

Muscles affected: D, L, U, W



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

Muscles affected: D, L, U, W



28. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

Muscles affected: D, L



29. KIP ADDUCTION
Hang from a pull-up bar with arms straight. Swing your legs up and over the bar.

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 curl it back up.

Muscles affected: D, L



31. LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up to the side.

Muscles affected: D, L, U



32. BENT LATERAL RAISE
Stand with feet shoulder-width apart. Lift one arm up to the side, then bend it.

Muscles affected: D, L, U



33. FRONT RAISE
Stand with feet shoulder-width apart. Lift one arm up in front of you.

Muscles affected: D, L, U



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

Muscles affected: D, L, U, W



35. BENT KICK
Stand with feet shoulder-width apart. Kick one leg up, then bend it.

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

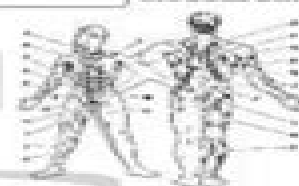


36. SHAVED KICK
Stand with feet shoulder-width apart. Kick one leg up, then shave it.

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



MUSCLE CHART



- | | | | |
|--------------|--------------|----------------|------------|
| 1. Biceps | 21. Triceps | 31. Hamstrings | 41. Neck |
| 2. Triceps | 22. Forearms | 32. Calfs | 42. Head |
| 3. Shoulders | 23. Hips | 33. Heels | 43. Eyes |
| 4. Chest | 24. Thighs | 34. Toes | 44. Ears |
| 5. Back | 25. Ankles | 35. Fingers | 45. Nose |
| 6. Neck | 26. Feet | 36. Nails | 46. Mouth |
| 7. Head | 27. Toes | 37. Hair | 47. Teeth |
| 8. Eyes | 28. Fingers | 38. Skin | 48. Tongue |
| 9. Ears | 29. Nails | 39. Blood | 49. Saliva |
| 10. Nose | 30. Hair | 40. Bones | 50. Marrow |

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Golds Gym Exercise Guide:

Decoding **Golds Gym Exercise Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Golds Gym Exercise Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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