

# GOLD'S GYM

# WEIGHT SYSTEM EXERCISE GUIDE

**1 BENCH PRESS**  
 This is the most popular exercise in the gym. It is a compound exercise that works the chest, shoulders, and triceps. It is performed by lying on a bench and pressing a weight up from the chest.

**2 MILITARY PRESS**  
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.

**3 BUTTERFLY**  
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet together.

**4 CURLY PRESS**  
 This exercise works the chest and shoulders. It is performed by lying on a bench and pressing a weight up from the chest with the feet apart.

**5 SQUAT**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering the body down to a squat position.

**6 INCREASED LEG PRESS**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by lying on a bench and pressing a weight up from the feet.

**7 VERTICAL LEGS PRESS**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by lying on a bench and pressing a weight up from the feet with the legs vertical.

**8 HANDED SQUAT**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering the body down to a squat position with one hand on the floor.

**9 PULL UP**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling the body up from a hanging position.

**10 TREADMILL CURL**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.



**11 LEG PRESS**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by lying on a bench and pressing a weight up from the feet.

**12 LEG EXTENSION**  
 This exercise works the quadriceps. It is performed by lying on a bench and extending the legs against resistance.

**13 LEG CURL**  
 This exercise works the hamstrings and glutes. It is performed by lying on a bench and curling the legs against resistance.

**14 AIR CROUCH**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by crouching down and standing back up.

**15 TRICEPS PRESS DOWN**  
 This exercise works the triceps. It is performed by lying on a bench and pressing a weight down from the shoulders.

**16 BENT AND PUNCHED**  
 This exercise works the triceps. It is performed by lying on a bench and pressing a weight down from the shoulders with the arms bent.

**17 LAY PULL DOWN**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight down from a high position.

**18 TRICEPS EXTENSION**  
 This exercise works the triceps. It is performed by lying on a bench and extending the arms against resistance.

**19 CROUCHING PULL**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**20 BRACH EXTENSION**  
 This exercise works the triceps. It is performed by lying on a bench and extending the arms against resistance.



**21 DEAD LIFT**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**22 BUCK BEND**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**23 SHOULDER PRESS**  
 This exercise works the shoulders and triceps. It is performed by standing and pressing a weight up from the shoulders.

**24 OVERHEAD EXTENSION**  
 This exercise works the triceps. It is performed by standing and extending the arms against resistance.

**25 ROTATION**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**26 FRONT SQUAT**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering the body down to a squat position with the weight in front.

**27 HEEL SQUAT**  
 This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering the body down to a squat position with the heels on the floor.

**28 REP ARCHING**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**29 REP ARCHING**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**30 STANDING CURL**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.



**31 LATERAL RAISE**  
 This exercise works the shoulders. It is performed by standing and raising the arms out to the sides.

**32 BENT LATERAL RAISE**  
 This exercise works the shoulders. It is performed by standing and raising the arms out to the sides with the arms bent.

**33 FRONT RAISE**  
 This exercise works the shoulders. It is performed by standing and raising the arms straight in front.

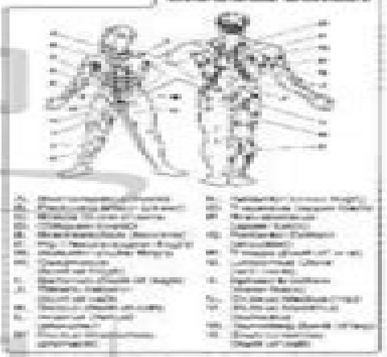
**34 UPRIGHT ROW**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**35 BENT ROW**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.

**36 SHAVED ROW**  
 This exercise works the back, shoulders, and biceps. It is performed by pulling a weight up from the floor to the chest.



## MUSCLE CHART



# Gold Gym Weight System Exercise Guide

**Y Pai**



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## **Table of Contents Gold Gym Weight System Exercise Guide**

1. Understanding the eBook Gold Gym Weight System Exercise Guide
  - The Rise of Digital Reading Gold Gym Weight System Exercise Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Gold Gym Weight System Exercise Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gold Gym Weight System Exercise Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gold Gym Weight System Exercise Guide
  - Personalized Recommendations
  - Gold Gym Weight System Exercise Guide User Reviews and Ratings
  - Gold Gym Weight System Exercise Guide and Bestseller Lists
5. Accessing Gold Gym Weight System Exercise Guide Free and Paid eBooks
  - Gold Gym Weight System Exercise Guide Public Domain eBooks
  - Gold Gym Weight System Exercise Guide eBook Subscription Services
  - Gold Gym Weight System Exercise Guide Budget-Friendly Options

6. Navigating Gold Gym Weight System Exercise Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Gold Gym Weight System Exercise Guide Compatibility with Devices
  - Gold Gym Weight System Exercise Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gold Gym Weight System Exercise Guide
  - Highlighting and Note-Taking Gold Gym Weight System Exercise Guide
  - Interactive Elements Gold Gym Weight System Exercise Guide
8. Staying Engaged with Gold Gym Weight System Exercise Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Gold Gym Weight System Exercise Guide
9. Balancing eBooks and Physical Books Gold Gym Weight System Exercise Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gold Gym Weight System Exercise Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Gold Gym Weight System Exercise Guide
  - Setting Reading Goals Gold Gym Weight System Exercise Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gold Gym Weight System Exercise Guide
  - Fact-Checking eBook Content of Gold Gym Weight System Exercise Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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