

# GOLD'S GYM

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Set on the bench and hold the handles with an overhand grip. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A

## 2 MILITARY PRESS

Hold the handles on shoulder level in front of you. Push the bar up over your head with an overhand grip. Lower it to the starting position.

Muscles affected: C, L, A

## 3 BUTTERFLY

An overhead press with your arms in an inverted V position. Push the bar up over your head with an overhand grip. Lower it to the starting position.

Muscles affected: C, L

## 4 DUMP BARS

Hold the handles with an overhand grip. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L

## 5 SQUAT

Hold the handles with an overhand grip. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

## 6 ALTERNATE LEG RAISE

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A

## 7 TRICEPS PRESS DOWN

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 8 ASSISTED DIP

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B, D, E

## 9 PULL-UP

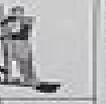
Hold the bar with both your hands in the center. Pull your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B, D

## 10 PREACHER CURL

Set on the bench and rest your arms on the pads. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B



## 11 LEG PRESS

Set on the bench and place your feet on the foot plate. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B, D

## 12 LEG EXTENSION

Set on the pad and position your feet on the foot plate. Push your weight up over your head and lower it to the starting position.

Muscles affected: B

## 13 LEG CURL

Set on the pad and position your feet on the foot plate. Push your weight up over your head and lower it to the starting position.

Muscles affected: B

## 14 AB CRUNCH

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: B

## 15 TRICEPS PRESS DOWN

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 16 STIFF ARM PUSHDOWN

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 17 TRICEPS EXTENSION

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 18 CROSSOVER FLY

Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 19 DORSAL EXTENSION

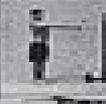
Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, B, D

## 20 BACK EXTENSION

Set on the pad and rest your arms on the pads. Push your weight up over your head and lower it to the starting position.

Muscles affected: B



## 21 DEAD LIFT

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B, D

## 22 SIDE BEND

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, B

## 23 SHOULDER EXTENSION

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 24 OVERHEAD EXTENSION

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

## 25 ISOLATION CURL

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

## 26 FRONT KICK

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

## 27 SIDE KICK

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

## 28 HIP ADDUCTION

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

## 29 HIP ABDUCTION

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

## 30 STANDING CURL

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B



## 31 LATERAL RAISE

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, B, D

## 32 BENT LATERAL RAISE

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

## 33 FRONT RAISE

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, A, B

## 34 UPRIGHT ROW

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, B, D, E

## 35 BENT ROW

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B, D, E

## 36 BENT ROW

Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B, D, E



## MUSCLE CHART



- 1. Deltoids (Front)
- 2. Pectorals (Upper Chest)
- 3. Triceps (Back of Arm)
- 4. Latissimus Dorsi (Upper Back)
- 5. Erector Spinae (Lower Back)
- 6. Gluteus Maximus (Buttocks)
- 7. Hamstrings (Back of Leg)
- 8. Gastrocnemius (Calf)
- 9. Soleus (Calf)
- 10. Tibialis Anterior (Shin)
- 11. Peroneus (Shin)
- 12. Quadriceps (Front of Leg)
- 13. Rectus Abdominis (Abdomen)
- 14. External Oblique (Side of Abdomen)
- 15. Internal Oblique (Side of Abdomen)
- 16. Transverse Abdominis (Side of Abdomen)
- 17. Rectus Cervicis (Neck)
- 18. Trapezius (Upper Back)
- 19. Rhomboids (Upper Back)
- 20. Levator Scapulae (Upper Back)
- 21. Serratus Anterior (Side of Torso)
- 22. Latissimus Dorsi (Upper Back)
- 23. Erector Spinae (Lower Back)
- 24. Gluteus Maximus (Buttocks)
- 25. Gluteus Medius (Buttocks)
- 26. Gluteus Minimus (Buttocks)
- 27. Piriformis (Buttocks)
- 28. Adductor (Inner Thigh)
- 29. Psoas Major (Lower Back)
- 30. Iliopsoas (Lower Back)
- 31. Rectus Femoris (Front of Leg)
- 32. Vastus Medialis (Front of Leg)
- 33. Vastus Lateralis (Front of Leg)
- 34. Vastus Intermedius (Front of Leg)
- 35. Tibialis Anterior (Shin)
- 36. Peroneus (Shin)
- 37. Gastrocnemius (Calf)
- 38. Soleus (Calf)
- 39. Tibialis Posterior (Shin)
- 40. Peroneus (Shin)

24. WARNING: Exercise with weights should be done under the supervision of a qualified instructor. Do not attempt to lift weights if you are injured or have any medical conditions. Use proper form and technique to avoid injury.

# Golds Gym Exercise Guide

**Ken Sprague, Bill Reynolds**



## **Golds Gym Exercise Guide:**

The Official Gold's Gym Beginner's Guide to Fitness David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food

**The Gold's Gym Training Encyclopedia** Peter Grymkowski, 1984 The Gold's Gym Training Encyclopedia is the best book of its kind I wish I had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold's Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilders only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim Kimber are co owners of Gold's Gym Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including The Gold's Gym Book of Bodybuilding Weight Training for Beginners and Bodybuilding for Beginners all published by Contemporary

**The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

**The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright, 2004-08 Publisher Description

The Gold's Gym Book of Bodybuilding Ken Sprague, Bill Reynolds, 1983 This book includes more than 150 profiles of the sport's greatest bodybuilders both past and present who have trained at Gold's each featuring a workout routine or training tip

**Gold's Gym Mass Building, Training, and Nutrition System** Ed Connors, 1992 Bodybuilders around the world look to Gold's Gym for state of the art instruction This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves Arnold Schwarzenegger Lee Haney Lou Ferrigno Lee Labrada Debby McKnight and others 250 photographs

**Train for Strength** The Experts at Gold's Gym, 2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they're training This text ends

with a focus on yoga and stretching to increase flexibility a key component of strength **Make a Fitness Plan** The Experts at Gold's Gym,2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes **Plunkett's Entertainment & Media Industry Almanac 2006: The Only Complete Guide to the Technologies and Companies Changing the Way the World Shares En** Jack W. Plunkett,2006 The electronic age is bringing sweeping changes to entertainment and media of all kinds including publishing broadcasting and film Multimedia the Internet and other digital media outlets for entertainment and information are being refined at a rapid rate Media giants are merging and making big acquisitions This book covers these exciting developments and provides profiles on hundreds of leading firms in film radio television cable new media and publishing of all types including books magazines and newspapers It contains thousands of contacts for business and industry leaders industry associations Internet sites and other resources You'll get in depth profiles of nearly 400 of the world's top Entertainment Media firms our own unique list of companies that are the leaders in this field Here you'll find complete profiles of the hot companies that are making news today the largest most successful corporations in all facets of the Entertainment and Media Business from broadcasters to film production companies casino operators to theme park companies publishers of books and magazines to video game designers and much more Our corporate profiles include executive contacts growth plans financial records address phone fax and much more This innovative book offers unique information all indexed and cross indexed more for each firm Our industry analysis section provides an exceptional discussion of business and market trends The book includes statistical tables covering revenues for several industry sectors Purchasers of either the book or PDF version can receive a free copy of the company profiles database on CD ROM enabling key word search and export of key data **Insiders' Guide® to Myrtle Beach and the Grand Strand** Janice McDonald,2009-12-22 **Insiders' Guide to St Myrtle Beach and the Grand Strand** is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment **Insiders' Guide® to Dallas & Fort Worth** June Naylor,2010-03-23 Your Travel Destination Your Home Your Home To Be Dallas Fort Worth Fort Worth is where the West begins it's said and Dallas is where the East peters out A personal practical perspective for travelers and residents alike Comprehensive listings of attractions restaurants and accommodations How to live thrive in the area from recreation to relocation Countless details on shopping arts entertainment and children's activities *The*

*Fitness Guide* Kyle Merker,1997 An easy to use resource that includes information on hotel exercise facilities health clubs local gyms and fitness classes in the 45 most popular U S destinations Easy to read icons allow you to quickly access which facilities have the equipment classes and amenities you need The facilities listed include everything from pristine well appointed health clubs to more intimate neighborhood gyms from aerobic studios to hard core training rooms Gold's Gym Guide to Fitness Various,2018-12-30 This comprehensive and instructive series supplies students with the knowledge information exercises and resources they need to lead long healthy lives With accessible easy to understand language and thorough explanations Gold Gym s Guide to Fitness provides readers with a well rounded picture of health including nutrition strength flexibility cardio and safety In this age appropriate road map for health students will learn both how to take care of their bodies and the importance of doing so Written in an encouraging and supportive tone readers regardless of their fitness levels and body sizes will find a place for themselves in this series Features include Ask the expert sections where students get their questions answered anonymously ensuring a safe space Instructions on how to safely and properly use exercise equipment Workout routines both for when at the gym and when at home Aligns with health and wellness programs in schools nationwide *Plunkett's Sports Industry Almanac 2009* Jack W. Plunkett,2008 A guide to the business side of sports teams marketing and equipment a tool for strategic planning competitive intelligence employment searches or financial research It contains trends statistical tables and an industry glossary It includes over 350 one page profiles of sports industry firms companies and organizations **Gold's Gym Book, Strength** Ken Sprague,1984-01-15 Gold's Gym Beginner's Guide to Fitness David Porter,2000 **Subject Guide to Books in Print** ,2001 *Bowker's Complete Video Directory* ,2000 *Solid Gold* Bill Reynolds,1985 *The Rough Guide to Tokyo (Travel Guide eBook)* Rough Guides,2020-03-01 The Rough Guide to Tokyo Make the most of your time on Earth with the ultimate travel guides World renowned tell it like it is travel guide Get Olympic ready with this practical tell it like it is guidebook to Tokyo Featuring extensive listings and maps this is packed with information to help travellers make the most of their Tokyo 2020 Olympic adventure Discover Japan with this comprehensive and entertaining travel guide packed with practical information and honest recommendations by our independent experts Whether you plan to scoff sushi be dazzled by neon Akihabara or drink sake until your head spins the Rough Guide to Tokyo will help you discover the best places to explore eat drink shop and sleep along the way Features of this travel guide to Tokyo Detailed regional coverage provides practical information for every kind of trip from off the beaten track adventures to chilled out breaks in popular tourist areas Honest and independent reviews written with Rough Guides trademark blend of humour honesty and expertise our writers will help you make the most from your trip to Japan Meticulous mapping practical full colour maps with clearly numbered colour coded keys Find your way around Harajuku Asakusa and many more locations without needing to get online Fabulous full colour photography features inspirational colour photography including the dizzying lights of Shinjuku and awe inspiring presence of Senso ji Temple Time saving itineraries

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