

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 the handles on the outside arms. Push the bar up over your head with an overhand grip. Lower it to the starting position.

Muscles affected: C, L

4 DUMBY BENCH

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 BENCH

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A

7 TRICEPS BENCH PRESS

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

Muscles affected: C, B

8 ASSISTED 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, D, E

9 PULL-UP

Grab the pulley handles as shown. Pull your body up until your arms are straight. Lower it to the starting position.

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

10 PREACHER CURL

Set on the bench and rest your arms on the curl 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 sliding plate as shown. Push the 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 leg and extension table and hold the ends of the legs. Push the bar up over your head and lower it to the starting position.

Muscles affected: B

13 LEG CURL

Set on the leg and curl table and hold the ends of the legs. Push the bar up over your head and lower it to the starting position.

Muscles affected: B

14 AB CRUNCH

Hold the bar across the top of your head. Push the bar up over your head and lower it to the starting position.

Muscles affected: B

15 TRICEPS PRESS DOWN

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

16 STIFF ARM PUSHDOWN

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B, D

17 TRICEPS EXTENSION

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B, D

18 CROSOVER FLY

Hold the handles in the cables. Pull your arms out and hold the handles straight and pull the handles together across the top of your head. Lower it to the starting position.

Muscles affected: C, B

19 CROSSOVER FLY

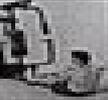
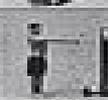
Hold the handles in the cables. Pull your arms out and hold the handles straight and pull the handles together across the top of your head. Lower it to the starting position.

Muscles affected: C, L, B, D

20 BACK EXTENSION

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: B



21 DEAD LIFT

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

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

22 SIDE BEND

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, B

23 SHOULDER EXTENSION

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, D, B

24 OVERHEAD EXTENSION

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

25 ISOLATION CURL

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

26 FRONT KICK

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

27 SIDE KICK

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

28 HIP ADDUCTION

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

29 HIP ABDUCTION

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

30 STANDING CURL

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B



31 LATERAL BEND

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, B, D

32 BENT LATERAL BEND

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, B

33 FRONT KICK

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

34 UPRIGHT ROW

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

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

35 BENT ROW

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

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

36 BENT ROW

Hold the bar with one hand to the front and the other hand supporting it in front with the feet on the same side. Push the bar up over your head and lower it to the starting position.

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



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. Quadriceps (Front of Leg)
- 12. Rectus Femoris (Front of Leg)
- 13. Sartorius (Front of Leg)
- 14. Adductor (Inner Thigh)
- 15. Abductor (Outer Thigh)
- 16. Gluteus Medius (Buttocks)
- 17. Gluteus Minimus (Buttocks)
- 18. Piriformis (Buttocks)
- 19. Iliotibial Band (Side of Leg)
- 20. Peroneus (Side of Leg)
- 21. Adductor (Inner Thigh)
- 22. Psoas (Lower Back)
- 23. Iliopsoas (Lower Back)
- 24. Rectus Abdominis (Front of Abdomen)
- 25. External Oblique (Side of Abdomen)
- 26. Internal Oblique (Side of Abdomen)
- 27. Transverse Abdominis (Side of Abdomen)
- 28. Erector Spinae (Lower Back)
- 29. Gluteus Maximus (Buttocks)
- 30. Gluteus Medius (Buttocks)
- 31. Gluteus Minimus (Buttocks)
- 32. Piriformis (Buttocks)
- 33. Iliotibial Band (Side of Leg)
- 34. Peroneus (Side of Leg)
- 35. Adductor (Inner Thigh)
- 36. Abductor (Outer Thigh)
- 37. Gluteus Maximus (Buttocks)
- 38. Gluteus Medius (Buttocks)
- 39. Gluteus Minimus (Buttocks)
- 40. Piriformis (Buttocks)
- 41. Iliotibial Band (Side of Leg)
- 42. Peroneus (Side of Leg)
- 43. Adductor (Inner Thigh)
- 44. Abductor (Outer Thigh)
- 45. Gluteus Maximus (Buttocks)
- 46. Gluteus Medius (Buttocks)
- 47. Gluteus Minimus (Buttocks)
- 48. Piriformis (Buttocks)
- 49. Iliotibial Band (Side of Leg)
- 50. Peroneus (Side of Leg)

24. WARNING: Exercise with weights only if you are properly instructed. Do not attempt to lift weights if you are injured or have any medical conditions. Use proper form and technique. Do not lift weights if you are pregnant or have any medical conditions. Use proper form and technique. Do not lift weights if you are pregnant or have any medical conditions. Use proper form and technique.

Golds Gym Weight System Exercise Guide

M Carnoy



Golds Gym Weight System Exercise Guide:

The Enigmatic Realm of **Golds Gym Weight System Exercise Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Golds Gym Weight System Exercise Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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