

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 the shoulders and push the weight up over your head and lower it to the starting position.

Muscles affected: L, C, A

3 BUTTERFLY

An overhead press with the arms in an inverted V position. Push the weight up over your head and lower it to the starting position.

Muscles affected: C, A

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, A

5 SQUAT

Hold the handles with an overhand grip, and squat with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: T, L, C, A

6 ALTERNATE LEG RAISE

Hold the bar with both your hands in the center. Lift your right leg up over your head and lower it to the starting position. Repeat with the left leg.

Muscles affected: C, L, A

7 TRICEPS PRESS DOWN

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

Muscles affected: C, A

8 ASSISTED DIP

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

Muscles affected: C, L, C, C, C, C, C

9 PULL-UP

Grab the pulley handles on either side of the bar with your arms extended. Pull your body up over your head and lower it to the starting position.

Muscles affected: L, C, C, C, C

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, A



11 LEG PRESS

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

Muscles affected: C, L, C, C

12 LEG EXTENSION

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

Muscles affected: C

13 LEG CURL

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

Muscles affected: C

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: C

15 TRICEPS PRESS DOWN

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

Muscles affected: C, A

16 STIFF ARM PUSHDOWN

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

Muscles affected: C, C, C, C

17 TRICEPS EXTENSION

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

Muscles affected: C, A

18 CROSSOVER FLY

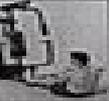
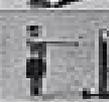
Hold the bar with both your hands in the center. Push your weight down over your head and lower it to the starting position.

Muscles affected: C, L, C, C

19 BACK EXTENSION

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

Muscles affected: T



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, C, C, A

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, A

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, C, A

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, A

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, A

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, C, C, C

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, C, C

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, A

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, A

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, A



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: L, C, C

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, A

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, C

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, C, C, C, A

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, C, C, C, C, A, T

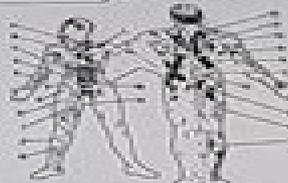
36 MARKED ROW

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, C, C, C, C, A, T



MUSCLE CHART



- 1. Deltoids (Front)
- 2. Pectoralis Major
- 3. Triceps
- 4. Latissimus Dorsi
- 5. Erector Spinae
- 6. Gluteus Maximus
- 7. Hamstrings
- 8. Gastrocnemius
- 9. Soleus
- 10. Tibialis Anterior
- 11. Peroneus
- 12. Adductor (Inner Thigh)
- 13. Quadriceps
- 14. Rectus Abdominis
- 15. External Oblique
- 16. Internal Oblique
- 17. Transverse Abdominis
- 18. Erector Spinae
- 19. Gluteus Maximus
- 20. Gluteus Medius
- 21. Gluteus Minimus
- 22. Piriformis
- 23. Serratus Anterior
- 24. External Intercostal
- 25. Internal Intercostal
- 26. Transverse Intercostal
- 27. External Intercostal
- 28. Internal Intercostal
- 29. Transverse Intercostal
- 30. External Intercostal
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- 49. Internal Intercostal
- 50. Transverse Intercostal

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. Always use proper form and technique. Do not lift weights if you are pregnant or have any medical conditions. Do not lift weights if you are under the age of 18. Do not lift weights if you are over the age of 65. Do not lift weights if you have any medical conditions. Do not lift weights if you are taking any medication. Do not lift weights if you are feeling dizzy or lightheaded. Do not lift weights if you are feeling short of breath. Do not lift weights if you are feeling any pain or discomfort. Do not lift weights if you are feeling any weakness or fatigue. Do not lift weights if you are feeling any numbness or tingling. Do not lift weights if you are feeling any swelling or redness. Do not lift weights if you are feeling any heat or burning. Do not lift weights if you are feeling any cold or numbness. Do not lift weights if you are feeling any itching or rash. Do not lift weights if you are feeling any other symptoms. Do not lift weights if you are feeling any other symptoms. Do not lift weights if you are feeling any other symptoms.

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