

# 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 variation with 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

## 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. 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

Grab the pulley handles as shown. Pull your body up until your chin is over the bar.

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 as shown. 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 as shown. 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 as shown. 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

## 18 CROSSOVER FLY

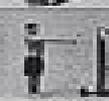
Hold the bar with both your hands in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

## 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: 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, 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, 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 LEG SWING

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

## 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, A, B

## 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, A, B, D, E

## 35 BENT ROW

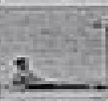
Stand on the bar with the bar over your feet and push the bar up over your head and lower it to the starting position.

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

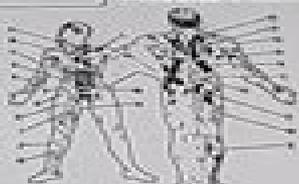
## 36 MARKED ROW

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, 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. Quadriceps (Front of Leg)
- 12. Rectus Abdominis (Abdomen)
- 13. External Oblique (Side of Abdomen)
- 14. Internal Oblique (Side of Abdomen)
- 15. Transverse Abdominis (Side of Abdomen)
- 16. Erector Spinae (Lower Back)
- 17. Gluteus Maximus (Buttocks)
- 18. Gluteus Medius (Buttocks)
- 19. Gluteus Minimus (Buttocks)
- 20. Piriformis (Buttocks)
- 21. Adductor (Inner Thigh)
- 22. Psoas (Lower Back)
- 23. Iliopsoas (Lower Back)
- 24. Rectus Femoris (Upper Thigh)
- 25. Adductor (Outer Thigh)
- 26. Vastus (Front of Thigh)
- 27. Biceps (Front of Arm)
- 28. Brachialis (Front of Arm)
- 29. Brachioradialis (Front of Arm)
- 30. Deltoids (Side of Arm)
- 31. Triceps (Back of Arm)
- 32. Forearm (Front of Hand)
- 33. Forearm (Back of Hand)
- 34. Forearm (Wrist)
- 35. Forearm (Wrist)
- 36. Forearm (Wrist)
- 37. Forearm (Wrist)
- 38. Forearm (Wrist)
- 39. Forearm (Wrist)
- 40. Forearm (Wrist)

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

**N Colangelo**



## **Golds Gym Weight System Exercise Guide:**

## Decoding **Golds Gym Weight System 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 power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Golds Gym Weight System Exercise Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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