

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 DUMBBELL 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, 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 PRESS

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 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 chin is over the bar.

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

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

18 CROSSOVER FLY

Hold the handles in the center. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

19 DUMBBELL FLY

Hold the handles 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, D, B

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, 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, B, D, E, F

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, B, D, E, F



MUSCLE CHART



- 1. Deltoids (front)
- 2. Pectorals (front)
- 3. Triceps (back)
- 4. Latissimus Dorsi (back)
- 5. Erector Spinae (back)
- 6. Gluteus Maximus (back)
- 7. Gluteus Medius (back)
- 8. Gluteus Minimus (back)
- 9. Adductor (inner thigh)
- 10. Quadriceps (front thigh)
- 11. Hamstrings (back thigh)
- 12. Gastrocnemius (calf)
- 13. Soleus (calf)
- 14. Tibialis Anterior (shin)
- 15. Tibialis Posterior (shin)
- 16. Peroneus (shin)
- 17. Sartorius (thigh)
- 18. Rectus Abdominis (abdomen)
- 19. External Oblique (abdomen)
- 20. Internal Oblique (abdomen)

24. WARNING: Exercise with weights should be done under the supervision of a qualified instructor.

25. WARNING: Exercise with weights should be done under the supervision of a qualified instructor.

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Ensheng Dong



Golds Gym Exercise Guide:

The Top Books of the Year Golds Gym Exercise Guide The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Golds Gym Exercise Guide : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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plot edit the story opens up with a young boy named danny going to a science museum he sees indians bears eskimos guns and swords finally he immediately gets drawn to the dinosaur exhibit and would be delighted to find a living dinosaur the dinosaurs in the dinosaur exhibit are really models and not real

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