

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

Muscles affected: C, L, A

3 BUTTERFLY

An overhead press with the arms in an inverted V position. Push your weight up over your head and 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 handles with one hand on the floor and the other on the hip. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

7 TRICEPS PRESS DOWN

Hold the handles with one hand on the floor and the other on the hip. 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 one hand on the floor and the other on the hip. Push your weight up over your head and lower it to the starting position.

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

9 PULL-UP

Hold the handles with one hand on the floor and the other on the hip. Push your weight up over your head and lower it to the starting position.

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

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 press 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 press 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 press plate. Push your weight 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 your weight up over your head and lower it to the starting position.

Muscles affected: B

15 TRICEPS PRESS DOWN

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

Muscles affected: C, B, D, E

17 TRICEPS EXTENSION

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

Muscles affected: C, B, D, E

18 CROSSOVER FLY

Hold the handles in the cables. Push your arms out and hold the handles together and pull the handles together.

Muscles affected: C, B

19 DUMBBELL FLY

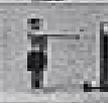
Hold the handles in the cables. Push your arms out and hold the handles together and pull the handles together.

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

20 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 and hold the bar with your hands and feet. Push your weight 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 and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

23 SHOULDER EXTENSION

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

24 OVERHEAD EXTENSION

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

25 ISOLATION CURL

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

26 FRONT KICK

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

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

27 SIDE KICK

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

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

28 HIP ADDUCTION

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

29 HIP ABDUCTION

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

30 STANDING CURL

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B



31 LATERAL RAISE

Stand on the bar and hold the bar with your hands and feet. Push your weight 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 and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

33 FRONT RAISE

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, A, B

34 UPRIGHT ROW

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

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

35 BENT ROW

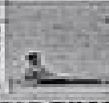
Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

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

36 BENT ROW

Stand on the bar and hold the bar with your hands and feet. Push your weight up over your head and lower it to the starting position.

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



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. Rectus Femoris (Front of Leg)
- 17. Vastus Medialis (Front of Leg)
- 18. Vastus Lateralis (Front of Leg)
- 19. Vastus Intermedius (Front of Leg)
- 20. Sartorius (Front of Leg)
- 21. Adductor (Inner Thigh)
- 22. Psoas (Lower Back)
- 23. Iliopsoas (Lower Back)
- 24. Gluteus Medius (Buttocks)
- 25. Gluteus Minimus (Buttocks)
- 26. Tensor Fasciae Latae (Side of Hip)
- 27. Piriformis (Side of Hip)
- 28. Biceps (Front of Arm)
- 29. Brachialis (Front of Arm)
- 30. Brachioradialis (Front of Arm)
- 31. Deltoids (Side of Arm)
- 32. Coracobrachialis (Side of Arm)
- 33. Triceps (Side of Arm)
- 34. Brachialis (Side of Arm)
- 35. Brachioradialis (Side of Arm)
- 36. Brachialis (Side of Arm)
- 37. Brachioradialis (Side of Arm)
- 38. Brachialis (Side of Arm)
- 39. Brachioradialis (Side of Arm)
- 40. Brachialis (Side of Arm)

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. Consult your doctor before starting any exercise program.

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Golds Gym Exercise Guide:

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