

# GOLD'S GYM

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Set on the bench and hold the handles with an overhand grip. Push the weight up to the top of your chest. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, A

## 2 MILITARY PRESS

Hold the handles with an overhand grip. Sit on the floor with your feet flat on the floor with an overhand grip. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: L, C, A

## 3 BUTTERFLY

An overhead press performed with the feet crossed. Sit on the floor with your feet flat on the floor with an overhand grip. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 4 DUMBBELL PRESS

Hold the handles with an overhand grip. Sit on the floor with your feet flat on the floor with an overhand grip. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 5 SQUAT

Hold the handles with an overhand grip. Stand with your feet flat on the floor with an overhand grip. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: T, L, C, A

## 6 ALTERNATE LEG PRESS

Hold the handles with one hand on the handle and the other hand on the floor. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, A

## 7 TRICEPS PRESS DOWN

Hold the handles with one hand on the handle and the other hand on the floor. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 8 ASSISTED DIP

Hold the handles with one hand on the handle and the other hand on the floor. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

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

## 9 PULL-UP

Hold the handles with one hand on the handle and the other hand on the floor. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

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

## 10 PREACHER CURL

Set on the bench and rest your arms on the bench. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A



## 11 LEG PRESS

Set on the bench and place your feet on the foot plate. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, C, C

## 12 LEG EXTENSION

Set on the leg and extension table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C

## 13 LEG CURL

Set on the leg and curl table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C

## 14 AB CRUNCH

Set on the ab crunch table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C

## 15 TRICEPS PRESS DOWN

Set on the triceps press down table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 16 STIFF ARM PUSHDOWN

Set on the stiff arm pushdown table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, C, C, C

## 17 TRICEPS EXTENSION

Set on the triceps extension table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, C, C

## 18 CROSSOVER FLY

Set on the crossover fly table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 19 DUMBBELL FLY

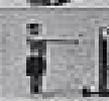
Set on the dumbbell fly table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, C, C

## 20 BACK EXTENSION

Set on the back extension table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: T



## 21 DEAD LIFT

Stand on the bar and hold the bar with your hands and feet flat on the floor. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

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

## 22 SIDE BEND

Stand on the side bend table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, C

## 23 SHOULDER EXTENSION

Stand on the shoulder extension table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, C, C

## 24 OVERHEAD EXTENSION

Stand on the overhead extension table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 25 ISOLATION CURL

Stand on the isolation curl table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 26 FRONT KICK

Stand on the front kick table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, C, C

## 27 KICK

Stand on the kick table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, L, C, C

## 28 HIP ADDUCTION

Stand on the hip adduction table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 29 HIP ABDUCTION

Stand on the hip abduction table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 30 STANDING CURL

Stand on the standing curl table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A



## 31 LATERAL RAISE

Stand on the lateral raise table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: L, C, C

## 32 BENT LATERAL RAISE

Stand on the bent lateral raise table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A

## 33 FRONT RAISE

Stand on the front raise table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

Muscles affected: C, A, C

## 34 UPRIGHT ROW

Stand on the upright row table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

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

## 35 BENT ROW

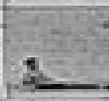
Stand on the bent row table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

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

## 36 BARBELL ROW

Stand on the barbell row table. Push the weight up to the top of your head. Lower the weight fully below your chest. Return to the starting position.

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



## MUSCLE CHART



- 1. Deltoid (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. Tibialis Posterior
- 12. Peroneus Longus
- 13. Peroneus Brevis
- 14. Adductor (Inner Thigh)
- 15. Adductor (Outer Thigh)
- 16. Gluteus Medius
- 17. Gluteus Minimus
- 18. Iliotibial Band
- 19. Sartorius
- 20. Rectus Abdominis
- 21. External Oblique
- 22. Internal Oblique
- 23. Transverse Abdominis
- 24. Diaphragm
- 25. Neck Muscles
- 26. Hand and Wrist Muscles
- 27. Forearm Muscles
- 28. Shoulder Muscles
- 29. Hip Muscles
- 30. Leg Muscles
- 31. Foot Muscles
- 32. Neck Muscles
- 33. Hand and Wrist Muscles
- 34. Forearm Muscles
- 35. Shoulder Muscles
- 36. Hip Muscles
- 37. Leg Muscles
- 38. Foot Muscles

# Golds Gym Weight System Exercise Guide

**N Colangelo**



## **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 embark on 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 those that partake in its reading experience.

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