

# 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: C, L, 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, 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, and squat with your feet shoulder width apart. 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 bench and the other hand supporting your weight with the feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A

## 7 TECHNICAL SQUAT PRESS

Hold the handles with one hand on the bench and the other hand supporting your weight with the feet shoulder width apart. 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 bench and the other hand supporting your weight with the feet shoulder width apart. 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 on either side of your body with your arms extended. Pull your weight up over your head and lower it to the starting position.

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

## 10 PREACHER CURL

Set on the bench and rest your arms on the curl pads. Push the bar with an overhand grip 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 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 leg and extension table and push the bar on the leg legs. Push the bar up over your head and lower it to the starting position.

Muscles affected: B

## 13 LEG CURL

Set on the leg and curl table and push the bar on the leg legs. Push the bar up over your head and lower it to the starting position.

Muscles affected: B

## 14 AB CRUNCH

Push the ab crunch on the ab table. Push the ab crunch up over your head and lower it to the starting position.

Muscles affected: B

## 15 TRICEPS PRESS DOWN

Push the bar down on the bar table with an overhand grip. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 16 STIFF ARM PUSHDOWN

Push the bar down on the bar table with the bar in a stiff arm position. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 17 TRICEPS EXTENSION

Push the bar down on the bar table with the bar in a triceps extension position. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 18 CROSOVER FLY

Push the handles in the cables. Extend your arms and hold the handles straight and pull the handles together across the top of a trapezoid. Return to the starting position.

Muscles affected: C, B

## 19 CROSSOVER FLY

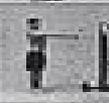
Push the handles in the cables. Extend your arms and hold the handles straight and pull the handles together across the top of a trapezoid. Return to the starting position.

Muscles affected: C, L, B, D

## 20 BACK EXTENSION

Push the bar back on the bar table. Set on the bar and push the bar back over your head and lower it to the starting position.

Muscles affected: B



## 21 DEAD LIFT

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

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

## 22 SIDE BEND

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, B

## 23 SHOULDER EXTENSION

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, D, B

## 24 OVERHEAD EXTENSION

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 25 ISOLATION CURL

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 26 FRONT KICK

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, B, D

## 27 SIDE KICK

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, B

## 28 HIP ADDUCTION

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 29 HIP ABDUCTION

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 30 STANDING CURL

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B



## 31 LATERAL RAISE

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, B, D

## 32 BENT LATERAL RAISE

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 33 FRONT RAISE

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 34 UPRIGHT ROW

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

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

## 35 BENT ROW

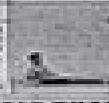
Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

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

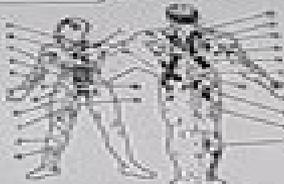
## 36 BENT ROW

Push the bar back on the bar table. Push your weight up over your head and lower it to the starting position.

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



## MUSCLE CHART



- 1. Deltoid (front)
- 2. Pectoralis major
- 3. Triceps (back)
- 4. Latissimus Dorsi
- 5. Biceps (front)
- 6. Brachialis
- 7. Brachioradialis
- 8. Forearm (front)
- 9. Forearm (back)
- 10. Forearm (side)
- 11. Forearm (inner)
- 12. Forearm (outer)
- 13. Forearm (middle)
- 14. Forearm (inner)
- 15. Forearm (outer)
- 16. Forearm (middle)
- 17. Forearm (inner)
- 18. Forearm (outer)
- 19. Forearm (middle)
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- 100. Forearm (middle)

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

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# Golds Gym Exercise Guide

**Ed Connors**



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which won the booker prize and the moor s last sigh 1995

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web the satanic verses is a 1988 magical realism novel by salman rushdie the novel weaves together different narratives spread across hundreds of years framed by the story of two competing indian muslim actors

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web the satanic verses is the fourth novel of british indian writer salman rushdie first published in september 1988 the book was inspired by the life of the islamic prophet muhammad as with his previous books rushdie used magical realism and relied on contemporary events and people to create his characters

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web aug 19 2022 the account was known among islamic scholars as the story of the cranes and by orientalists later as the satanic verses many early muslim scholars did not find it particularly

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web the satanic verses are words of satanic suggestion which the islamic prophet muhammad is alleged to have mistaken for divine revelation the words praise the three pagan meccan goddesses al lāt al uzzá and manāt and can be read in early prophetic biographies of muhammad by al wāqidī ibn sa d and the tafsir of al tabarī