

# 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 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 a butterfly 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 the 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 the 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 on the floor. Push the weight up over your head and lower it to the starting position.

Muscles affected: C, L, A

## 7 TECHNICAL WEIGHT PRESS

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

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

## 9 PULL-UP

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

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

## 10 PREACHER CURL

Set on the bench and rest your arms on the pads. Push the weight 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 the 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 the 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 the weight up over your head and lower it to the starting position.

Muscles affected: B

## 14 AB CRUNCH

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

Muscles affected: B

## 15 TRICEPS PRESS DOWN

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

Muscles affected: C, B

## 16 STIFF ARM PUSHDOWN

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

Muscles affected: C, B, D

## 17 TRICEPS EXTENSION

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

Muscles affected: C, B

## 18 CROSSOVER FLY

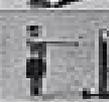
Hold the handles with one hand on the bench and the other hand on the floor. Push the weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

## 19 BACK EXTENSION

Set on the pad and rest your arms on the pads. Push the weight up over your head and lower it to the starting position.

Muscles affected: B



## 21 DEAD LIFT

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

Muscles affected: C, L, A

## 23 SHOULDER EXTENSION

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

Muscles affected: C, L, A, B

## 27 SIDE KICK

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

Muscles affected: C, B

## 28 HIP ADDUCTION

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

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

## 36 BENT ROW

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

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



## MUSCLE CHART



- 1. Deltoids (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. Peroneus
- 12. Adductor (Inner Thigh)
- 13. Quadriceps
- 14. Rectus Abdominis
- 15. External Oblique
- 16. Internal Oblique
- 17. Transverse Abdominis
- 18. Multifidus
- 19. Erector Spinae (Lower Back)
- 20. Gluteus Medius
- 21. Gluteus Minimus
- 22. Piriformis
- 23. Sartorius
- 24. Tensor Fasciae Latae
- 25. Iliotibial Band
- 26. Biceps
- 27. Brachialis
- 28. Brachioradialis
- 29. Forearm Flexors
- 30. Forearm Extensors
- 31. Wrist Flexors
- 32. Wrist Extensors
- 33. Hand Intrinsic Muscles
- 34. Neck Muscles
- 35. Scalenes
- 36. Trapezius
- 37. Levator Scapulae
- 38. Rhomboids
- 39. Serratus Anterior
- 40. Latissimus Dorsi
- 41. Teres Major
- 42. Teres Minor
- 43. Deltoid (Side)
- 44. Deltoid (Back)
- 45. Infraspinatus
- 46. Supraspinatus
- 47. Pectoralis Minor
- 48. Serratus Posterior
- 49. Serratus Transversus
- 50. External Intercostal
- 51. Internal Intercostal
- 52. Transverse Intercostal
- 53. External Oblique
- 54. Internal Oblique
- 55. Transverse Abdominis
- 56. Multifidus
- 57. Erector Spinae (Upper Back)
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- 59. Gluteus Maximus
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# **Gold's Gym Weight System Exercise Guide**

**David Porter**



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

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover  
*Train for Strength* The Experts at Gold's Gym,2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they re training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength     **Bowker's Complete Video Directory** ,2000     Insiders' Guide® to Myrtle Beach and the Grand Strand Janice McDonald,2009-12-22 *Insiders Guide to St Myrtle Beach and the Grand Strand* is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment     **The Official Gold's Gym Beginner's Guide to Fitness** David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food     *The Gold's Gym Book of Bodybuilding* Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip     Subject Guide to Books in Print ,2001

**Don't Relapse!** Jim Palmer,2011-05-17 *Don t Relapse Building a Healthy Life After Cancer Remission* is the story of Jim Palmer s fi ght to survive Non Hodgkin s lymphoma Faced with a statistical reality that his cancer had a 70% chance of returning within a year and half after remission Jim created a strategy to do everything he could do prevent a relapse His strong belief is with knowledge will perseverance and support cancer patients have the power to prevent relapse by taking care of body mind and spirit This book tells how to take control of your destiny Don t Relapse Recover Rejuvenate and Renew your life     **The Catalog of Catalogs** ,1995     Video Source Book ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction     *Women's Home Workout Bible* Brad Schoenfeld,2010 Millions of women have discovered the benefits of home fitness and female consumers spend millions annually on home gym equipment Working out at home can be the ideal setting for a shapeover but many women are intimidated by the concept or don t know how to make the most of their equipment In *Women s Home Workout Bible* fitness expert and best selling author Brad Schoenfeld makes sense of home based workouts by covering fitness routines for every training style budget and home space The full color

guide includes 12 four week programs for conditioning sculpting and core stability plus three levels of fat burning cardio workouts all customizable to fit the reader s goals It also has consumer buying tips for products and guidelines for making the most of any space for a home gym Applicable to any budget the book provides plans for creating a personal gym or adding to an existing home gym on budgets of 100 500 1000 and over 2500 Women s Home Workout Bible is a fitness manual buying guide and personal trainer all in one It can help women get the body they want without leaving the house or breaking the bank Cottonboll ,1993 **The Video Source Book** David J. WEINER,1990 **The Insiders' Guide to the Triangle** J. Barlow Herget,Katherine Kopp,1996 The Insiders Guide To The Triangle is packed with interesting editorial about life in the Triangle area of North Carolina Raleigh Durham Chapel Hill Cary Research Triangle Park and neighboring towns Going well beyond the typical guidebook it provides in depth information on accommodations arts attractions neighborhoods restaurants schools and much more Updated annually this timely guide is a must for visitors and newcomers and is an informative and helpful resource for local residents *Myrtle Beach and the Grand Strand - Insiders' Guide* Kimberly Duncan,Lisa Tomer Rentz,2003-08 A comprehensive guide to this legendary resort community from golf courses and beaches to shopping and nightlife Whether planning a vacation or a permanent move this guide has it all **The Catalog of Catalogs** Edward L. Palder,1993 **Library Journal** ,1981 **The Publisher** ,1913 *The Publishers' Circular and Booksellers' Record* ,1913 Publishers' Circular and Booksellers' Record of British and Foreign Literature ,1913

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

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