

# 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 and repeat.

Muscles affected: C, L, A

## 3 BUTTERFLY

An overhead press with your arms in an inverted V position. Push the bar up over your head with an overhand grip. Lower it to the starting position and repeat.

Muscles affected: C, L

## 4 DUMBY BENCH

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 BENCH

Hold the bar with one hand in the center and the other hand supporting it on the side. 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 bar with one hand in the center and the other hand supporting it on the side. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 8 ASSISTED SQUAT

Hold the bar with one hand in the center and the other hand supporting it on the side. 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 the bar. Pull your arms up over your head and lower them to the starting position.

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 one hand in the center and the other hand supporting it on the side. 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 one hand in the center and the other hand supporting it on the side. 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 one hand in the center and the other hand supporting it on the side. 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 one hand in the center and the other hand supporting it on the side. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

## 18 CROSSOVER FLY

Hold the bar with one hand in the center and the other hand supporting it on the side. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

## 19 DUMBY BENCH

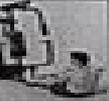
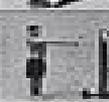
Hold the bar with one hand in the center and the other hand supporting it on the side. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, L, A, B

## 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 and hold the bar 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

## 22 SIDE BEND

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

Muscles affected: C, D, B

## 24 OVERHEAD EXTENSION

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

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

## 27 SIDE KICK

Stand on the bar and hold the bar 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

## 28 HIP ADDUCTION

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

Muscles affected: C, B



## 31 LATERAL BEND

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

Muscles affected: C, L, A, B

## 32 BENT LATERAL BEND

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

Muscles affected: C, B

## 33 FRONT KICK

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

Muscles affected: C, L, A, B

## 34 UPRIGHT ROW

Stand on the bar and hold the bar 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

## 35 BENT ROW

Stand on the bar and hold the bar 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, F

## 36 BENT ROW

Stand on the bar and hold the bar 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, F



## 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. Peroneus (Shin)
- 12. Quadriceps (Front of Leg)
- 13. Rectus Abdominis (Abdomen)
- 14. External Oblique (Side of Abdomen)
- 15. Internal Oblique (Side of Abdomen)
- 16. Transverse Abdominis (Side of Abdomen)
- 17. Rectus Cervicis (Neck)
- 18. Trapezius (Upper Back)
- 19. Rhomboids (Upper Back)
- 20. Levator Scapulae (Upper Back)
- 21. Serratus Anterior (Side of Chest)
- 22. Pectorals (Lower Chest)
- 23. Deltoids (Side of Arm)
- 24. Biceps (Front of Arm)
- 25. Brachialis (Front of Arm)
- 26. Brachioradialis (Front of Arm)
- 27. Forearm Flexors (Front of Hand)
- 28. Forearm Extensors (Back of Hand)
- 29. Hand Muscles (Hand)
- 30. Neck Muscles (Neck)
- 31. Shoulder Muscles (Shoulder)
- 32. Upper Arm Muscles (Upper Arm)
- 33. Lower Arm Muscles (Lower Arm)
- 34. Hand Muscles (Hand)
- 35. Neck Muscles (Neck)
- 36. Shoulder Muscles (Shoulder)
- 37. Upper Arm Muscles (Upper Arm)
- 38. Lower Arm Muscles (Lower Arm)
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- 40. Neck Muscles (Neck)
- 41. Shoulder Muscles (Shoulder)
- 42. Upper Arm Muscles (Upper Arm)
- 43. Lower Arm Muscles (Lower Arm)
- 44. Hand Muscles (Hand)

24. WARNING: Exercise with weights should be done under the supervision of a qualified instructor. Do not attempt to lift weights if you are injured or have any medical conditions. Use proper form and technique to avoid injury.

# Golds Gym Exercise Guide

**B Lingard**



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