

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 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 position. Push up and lower the weight. Return 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 your hands on the floor. Lift your right leg up and down. Repeat with the left leg. Return to the starting position.

Muscles affected: C, L, A

7 **TRICEPS PRESS DOWN**
Hold the handles with your hands on the floor. 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 your hands on the floor. 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 a gym. Pull your body up until your arms are straight. Lower to the starting position.

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

10 PREACHER CURL

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

Muscles affected: B

13 LEG CURL

Set on the leg and curl table and push the bar up with your legs 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 over the top of your head 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

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

Muscles affected: C, B

18 CROSSOVER FLY

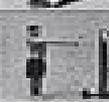
Hold the handles in the cables. Spread your arms and hold the handles straight and pull the handles together. Return to the starting position.

Muscles affected: C, L, A, B

19 BACK EXTENSION

Set on the leg and rest your arms on the curl pads. Push the bar up with an overhand grip and lower it to the starting position.

Muscles affected: B



21 DEAD LIFT

Stand the bar over the feet 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, D

22 SIDE BEND

Stand the bar over the feet 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

23 SHOULDER EXTENSION

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B, D

24 OVERHEAD EXTENSION

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

25 ISOLATION CURL

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

26 FRONT KICK

Stand the bar over the feet 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

27 LEG SWING

Stand the bar over the feet 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

28 HIP ADDUCTION

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

29 HIP ABDUCTION

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

30 STANDING CURL

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B



31 LATERAL RAISE

Stand the bar over the feet 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

32 BENT LATERAL RAISE

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, B

33 FRONT RAISE

Stand the bar over the feet with your feet shoulder width apart. Push your weight up over your head and lower it to the starting position.

Muscles affected: C, A, B

34 UPRIGHT ROW

Stand the bar over the feet 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, D, E

35 BENT ROW

Stand the bar over the feet 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, D, E, F

36 BENT ROW

Stand the bar over the feet 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, D, E, F



MUSCLE CHART



- 1. Deltoids (front)
- 2. Pectorals (front)
- 3. Triceps (back)
- 4. Latissimus Dorsi (back)
- 5. Erector Spinae (back)
- 6. Gluteus Maximus (back)
- 7. Gluteus Medius (back)
- 8. Gluteus Minimus (back)
- 9. Adductor (inner thigh)
- 10. Quadriceps (front thigh)
- 11. Hamstrings (back thigh)
- 12. Gastrocnemius (calf)
- 13. Soleus (calf)
- 14. Tibialis Anterior (shin)
- 15. Peroneus (shin)
- 16. Extensor Digitorum (shin)
- 17. Extensor Digitorum (shin)
- 18. Extensor Digitorum (shin)
- 19. Adductor (inner thigh)
- 20. Quadriceps (front thigh)

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 Weight System Exercise Guide

Michael Hoelscher



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