

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 slowly and 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 and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, A

3 BUTTERFLY

An overhead press variation with an inverted grip. Sit on the floor with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, A

4 DUMBBELL PRESS

Hold the handles with an overhand grip. Sit on the floor with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, A

5 SQUAT

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, A, B

6 ALTERNATE LEG RAISE

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, A, B

7 TRICEPS PRESS DOWN

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, A, B

8 ASSISTED DIP

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

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

9 PULL-UP

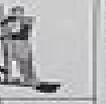
Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

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

10 PREACHER CURL

Set on the bench and rest your arms on the pads. Hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, D



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 slowly and return 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 to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: D

13 LEG CURL

Set on the pad and position your feet on the foot plate. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: D

14 AB CRUNCH

Hold the handles with an overhand grip. Sit on the floor with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: B

15 TRICEPS PRESS DOWN

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B

16 STIFF ARM PUSHDOWN

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D

17 TRICEPS EXTENSION

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D

18 CROSSOVER FLY

Hold the handles with an overhand grip. Stand with your feet flat on the floor and your arms extended in front of you. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, B, D

19 BACK EXTENSION

Set on the pad and rest your arms on the pads. Hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: D



21 DEAD LIFT

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, B, D

23 SHOULDER EXTENSION

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, D, F

24 OVERHEAD EXTENSION

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D, E

27 SIDE KICK

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D, E

28 HIP ADDUCTION

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, L, B, D

32 BENT LATERAL RAISE

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return 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 to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D

34 UPRIGHT ROW

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

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

35 BENT ROW

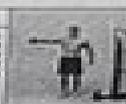
Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D, E, F, G, H

36 BENT ROW

Stand on the bar and hold the handles with an overhand grip. Push the weight up to the top of your head. Lower the weight slowly and return to the starting position.

Muscles affected: C, B, D, E, F, G, H



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. Hamstrings (back of thigh)
- 15. Gluteus medius
- 16. Gluteus minimus
- 17. Adductor (outer thigh)
- 18. Abductor (outer thigh)
- 19. Gluteus medius
- 20. Gluteus minimus
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Gold's Gym Weight System Exercise Guide

Lei Shi



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