1. STANDING DUMBBELL CURL

Grab a pair of dumbbells and let them hang at arm’s length next to your sides. Turn your arms so your palms face forward. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, then slowly lower the weight back to the starting position. Each time you return to the starting position, completely straighten your arms.

2. OFFSET-GRIP DUMBBELL CURL

Grab a pair of dumbbells and let them hang at arm’s length next to your sides—either your thumbs or pinkies should rest right next to one of the heads of your dumbbells. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, then slowly lower the weight back to the starting position. Each time you return to the starting position, completely straighten your arms.

3. HAMMER CURL

Grab a pair of dumbbells and let them hang at arm’s length next to your sides with your palms facing your thighs. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, then slowly lower the weight back to the starting position. Each time you return to the starting position, completely straighten your arms.

4. STATIC DUMBBELL CURL

Grab a dumbbell with your right hand and stand behind a bench raised to a 45-degree angle. Lower the dumbbell until it’s just beyond half way. Hold for 20 seconds and then repeat on your left arm.

5. DECLINE DUMBBELL CURL

Grab a pair of dumbbells and lie with your chest against a bench that’s set to a 45-degree incline. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, then slowly lower the weight back to the starting position. Each time you return to the starting position, completely straighten your arms.

6. INCLINE DUMBBELL CURL

Grab a pair of dumbbells and lie with your back against a bench that’s set to a 45-degree incline. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, then slowly lower the weight back to the starting position. Each time you return to the starting position, completely straighten your arms.

7. KNEELING SINGLE-ARM CURL

Grab a pair of dumbbells. Hold one dumbbell by your side in your left hand, palm facing your thigh. In your right hand, hold the dumbbell with your palm facing outward. Without moving your upper arm, bend your elbow and curl the dumbbell as close to your shoulder as you can. Pause, then slowly lower the weight back to the starting position. Each time you return to the starting position, completely straighten your arm. Perform all reps on your right arm before switching to your left.

8. ZOTTMAN CURL

Grab a pair of dumbbells and let them hang at arm’s length next to your sides. Turn your arms so your palms face forward. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, then rotate the dumbbells so your palms face forward again. Slowly lower the weights down in that position. Rotate the dumbbells back to the starting position and repeat.

9. CABLE ROPE HAMMER CURL

Hold both ends of a rope attached to the low pulley of a cable machine. Press your elbows into your sides with your palms facing each other. Keep your feet shoulder-width apart, your torso upright, and your knees slightly bent. Keeping your arms stable throughout the move, curl, the rope toward your shoulders, Pause, and reverse the movement to return to the starting position.

10. CABLE ALTERNATING FLEX CURL

Stand between the weight stacks of a cable crossover station and grab a high-pulley handle in each hand. Hold your arms out to the sides so they’re parallel to the floor. Without moving your right arm, curl your left hand toward your head. Slowly allow your left arm to straight and then repeat the move with your right arm.

11. EZ-BAR PREACHER CURL

Grab an EZ-bar with your hands six inches apart. Rest your upper arms on the sloping pad of a preacher bench and hold the bar in front of you with your elbows slightly bent. Without moving your upper arms, bend your elbows and curl the bar toward your shoulders. Pause, then slowly lower the weight back to the starting position.

12. CHINUP

Grab a chinup bar using a shoulder-width underhand grip and hang at arm’s length. Squeeze your shoulder blades down and back, bend your elbows, and pull the top of your chest to the bar. Pause, and slowly lower your body back to the starting position.

13. NEGATIVE CHINUP

Stand under a chinup bar on a box or bench. Jump up and grab the bar so your chest is even with your hands. Slowly lower your body over the course of 3 to 5 seconds by extending your elbows until your feet reach the box or bench. Pause and repeat.

14. START-AND-STOP CHINUP

Perform a chinup and then slowly lower halfway down so your arms are at a 90-degree angle. Pause for a second or two before pulling your chest to the bar again. Pause, now lower all the way down so your arms are straight.

15. SEATED CABLE ROW

Sit at a seated cable row station with your feet on the platform and your knees slightly bent. Grasp a V-bar with your palms facing each other. Keep your back flat and pull your shoulders back as you pull the bar toward your torso.

16. BENT-OVER BARBELL ROW

Grab a barbell with your hands just beyond shoulder-width apart and hold it at arm’s length. Bend at your hips and knees, bracing your abs as if you’re about to be punched in the gut. Pull the bar to your ribcage, pause, and then lower back to the starting position.

17. PUSHUP-POSITION HAMMER CURL

Grab a pair of dumbbells and assume a pushup position with your palms facing each other. Without moving your upper arm, curl the weight in your right hand toward your right shoulder. Lower it and repeat with your left arm. Alternate arms with each rep for 30 to 60 seconds.

18. SPLIT-JACK CURL

Grab a pair of heavy dumbbells and hold them by your sides with your palms facing your thighs. Jump into a split stance and curl the weights to your shoulders at the same time. Pause, and then reverse the movement to return to the starting position. Alternate legs with each rep for 20 seconds.

19. RESISTANCE-BAND JUMPING-JACK HAMMER CURL

Stand with your feet together and centered on a continuous-loop resistance band. Hold the top of the band with your palms facing each other. Jump your feet out and curl the band toward your shoulders, simultaneously. Without pausing, reverse the movement to return to the starting position. Perform continuous reps for 20 seconds.

20. SQUAT CONCENTRATION CURL

Grab a pair of light dumbbells and stand with your feet shoulder-width apart. Push your hips back and squat until your thighs are parallel to the floor. Keeping your weight on your heels, your elbows pressed against your inner thighs, and your palms facing each other, curl and lower the weights for 30 to 60 seconds.