**Predefined Object Methods:**

1. Object.assign(): This method is used to copy enumerable and own properties from a source object to a target object
2. Object.create(): This method is used to create a new object with the specified prototype object and properties.
3. Object.defineProperty(): This method is used to describe some behavioral attributes of the property.
4. Object.defineProperties(): This method is used to create or configure multiple object properties.
5. Object.entries(): This method returns an array with arrays of the key, value pairs.
6. Object.getOwnPropertyDescriptor(): This method returns a property descriptor for the specified property of the specified object.
7. Object.getOwnPropertyDescriptors(): This method returns all own property descriptors of a given object.
8. Object.isSealed(): This method determines if an object is sealed.
9. Object.keys(): This method returns an array of a given object's own property names.
10. Object.values(): This method returns an array of values.

**Predefined Array Methods:**

1. concat(): Joins arrays and returns an array with the joined arrays.
2. constructor: Returns the function that created the Array object's prototype.
3. copyWithin(): Copies array elements within the array, to and from specified positions.
4. entries(): Returns a key/value pair Array Iteration Object.
5. every(): Checks if every element in an array pass a test.
6. fill(): Fill the elements in an array with a static value.
7. includes(): Check if an array contains the specified element.
8. indexOf(): Search the array for an element and returns its position.
9. push(): Adds new elements to the end of an array, and returns the new length
10. reduce(): Reduce the values of an array to a single value (going left-to-right)