Biceps

Biceps curl

1)[Stand holding a dumbbell in each hand](https://www.menshealth.com/uk/building-muscle/the-10-best-dumbbell-exercises)with your arms hanging by your sides.\n

2)Ensure your elbows are close to your torso and your palms facing forward.\n

3)Keeping your upper arms stationary, exhale as you curl the weights up to shoulder level while contracting your biceps.\n

4)Hold the weight at shoulder height for a brief pause, then inhale as you slowly lower back to the start position.\n

Hammer curl

1)Stand holding a pair of dumbbells at arms length by your sides with your palms facing each other.\n

2)Keeping your elbows tucked, your upper arms locked in place (only your hands and forearms should move), and your palms facing inward, curl the dumbbells as close to your shoulders as you can.\n

3)Pause, and then slowly lower the weights back to the starting position.\n

alternate biceps curl

* [Stand holding a dumbbell in each hand](https://www.menshealth.com/uk/building-muscle/the-10-best-dumbbell-exercises)with your arms hanging by your sides.

Raise one dumbbell toward your shoulder while simultaneously rotating the back of your hand.

Pause with your palm facing your shoulder. Reverse the movement to lower the weight to starting position.