1. 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.

1. Dumbbells punches

•grasp a lighter dumbbell with each of your hands

• guide one dumbbell forwards and in shoulder-height

• turn the palm of the hand down

• the other arm does not move now

• bring the stretched arm back again

1. Seated dumbbells wrist curl

•Holding a dumbbell in each hand, sit on a bench or chair.

•Rest the backs of your forearms on your thighs, with your wrists extending off your knees. Your palms should be facing upward.

•Open your hands a little and allow the dumbbells to roll toward your fingers.

•Exhale as you slowly close your hands and curl the dumbbells upward by flexing your wrists.

•Hold for a count of two.

•Inhale as you lower the dumbbells to the starting position and open your hands a little to allow the dumbbells to once again roll towards your fingers.