1. Alternate 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\n

2) Raise one dumbbell toward your shoulder while simultaneously rotating the back of your hand. \n\n

3) Pause with your palm facing your shoulder. Reverse the movement to lower the weight to starting position. \n\n

1. One arm seated dumbbells wrist curl

1) Start off sitting on the end of a flat bench with your feet flat on the floor and holding a dumbbell in one hand using an underhand grip. \n\n  
  
2) Rest the arm holding the dumbbell on the same leg so the weight is extended off. \n\n  
  
3) Slowly lower the weight down below your leg, squeeze using your forearm and hold for a count. \n\n  
  
4) Return back to the starting position. \n\n

1. Dumbbells punches

1)grasp a lighter dumbbell with each of your hands\n\n

2)guide one dumbbell forwards and in shoulder-height\n\n

3)turn the palm of the hand down\n\n

4) the other arm does not move now\n\n

5) bring the stretched arm back again\n\n

1. Seated dumbbells wrist curl

1)Holding a dumbbell in each hand, sit on a bench or chair. \n\n

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

3)Open your hands a little and allow the dumbbells to roll toward your fingers. \n\n

4)Exhale as you slowly close your hands and curl the dumbbells upward by flexing your wrists. \n\n

5)Hold for a count of two. \n\n

6)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. \n\n

Incline bench dumbbells curl

1. Sit down against the workout bench, keeping your back straight and your abdominal muscles tight. Your weights should be at your sides to start, one in each hand.
2. When you’ve gotten the starting position down, lift each dumbbell, palms up, toward your shoulders. It’s important to keep your upper arms tight so that you can isolate the biceps brachii muscle as you move your lower arms only.
3. Slowly lower the dumbbells back down to your starting position. Don’t release the weights too fast or you could strain your muscles. This should be a controlled movement.

Barbell wrist curl

1)Sitting on a bench, grab a barbell with your palms facing up and your hands shoulder-width apart.

2)Rest your forearms on your thighs and allow your wrists to hang over your knees.

3)Perform the movement by curling your palms and wrists towards your face.

4) Pause for a moment in the top position, then slowly return the barbell to the starting position.