Dumbbells

1)chest -no exercise with dumbbells

2) back

* Bent-over

1)With a dumbbell in each hand, bend over at about a 45-degree angle (no farther). Keep the back straight throughout the exercise. Brace your abdominals and breathe in.\n

2)Lift the weights straight up, exhaling. While lifting, the arms should go no higher than parallel with the shoulders—slightly lower than the shoulders is fine. While lifting, try to keep the wrists from excessive extra movement down or to the side. Do not squat down and up after the initial pose. No movement of the legs occurs throughout the exercise.\n

3)Lower the weights in a controlled manner while inhaling.\n

4)Remain bent over until all repetitions are complete.\n

* Deadlifts

1. Standing position: keep your feet shoulder apart and spine straight\n
2. Place the Dumbbells on the side aligned with your foot – where the center of gravity is.\n
3. Bend down to get the dumbbells keeping your shoulder align with the knees, and thighs parallel to the floor.\n
4. Hold the dumbbells firm and stand up lifting them keeping them aligned with the knees and the shoulder.\n
5. As you stand, squeeze the glutes to the top.\n
6. Go back down the similar motion till dumbbells touch the floor.\n

* Romanian deadlift

1. Stand with feet hip-width apart and knees soft, holding dumbbells in front of hips with palms facing thighs.\n
2. Keeping spine in neutral position and squeezing shoulder blades, start sending the hips back.\n
3. Lower dumbbells in front of shins, keeping them close to the body. Once they pass the knees, do not allow the hips to sink further.\n
4. At the bottom of the movement, maintain a neutral spine and drive through heels to fully extend hips and knees, squeezing glutes at the top.\n

* Stiff legged deadlift

1. Set up for the dumbbell stiff leg deadlift by choosing a pair of dumbbells and holding them down at your sides.\n
2. Stand up straight with a slight bend in your knees and your feet around shoulder width apart. This is your starting position.\n
3. Keep your back as straight as possible and bend over at the waist lowering the dumbbells over the tops of your feet. Your knees should be kept stationary during the movement.\n
4. Focus on the stretch in your hamstrings, and continue to lower the dumbbells down as far as your hamstrings will let you comfortably.\n
5. Now engage the hamstrings and begin to raise the dumbbells straight back up. Your eyes should be facing up and your shoulders back. This will prevent your lower back from rounding.\n
6. Squeeze up through the glutes and hamstrings until you're standing straight up.\n
7. Repeat for desired reps.\n

* Wide row

1)Stand holding a pair of dumbbells in front of your thighs with a palms-down grip.\n  
 2)With your chest up, back flat and knees slightly bent, lean forward at the waist until your torso is roughly parallel to the floor and the weights hang straight down in front of your shins. Keep your head in a neutral position and your eyes fixed on the floor in front of you.\n  
3) Inhale deeply and begin the pull. As you pull toward your upper abs, bring your elbows out and up in a wide arc, similar to how you pull a barbell using a wide grip.\n  
4) At the top of the lift, squeeze your back hard for 1-2 seconds before lowering the weights along the same path.\n

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.