

10 BEST ARM EXERCISES with dumbbells

1. Chest press



3. Lateral dumbbell raises



4. Dumbbell front raises



2. Shoulder press



5.

Bent-over rows



6.

Triceps kickbacks

7. Bicep curls



8. Palms-up wrist curls



9.

Palms-down wrist curls

10.

Triceps extensions



Strength Training For The Arms Poster

Emilie Sanchez

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Strength Training For The Arms Poster:

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