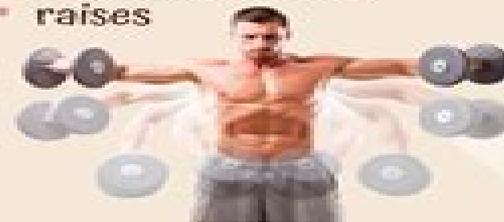


10 BEST ARM EXERCISES with dumbbells

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

Palms-down wrist curls

10. Triceps extensions

Triceps extensions



The Exercise Of Arms

Yan Bai



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