

The Ultimate List of Arm Exercises to do in the Gym

No.	Triceps	Biceps
1	Close Grip Bench Press	Chin-Ups
2	Parallel Bar Dips	Barbell Curl
3	Triangle Pushup	Incline Dumbbell Curl
4	Barbell Skull Crusher	EZ Bar Curl
5	DB Overhead Extension	Concentration Curl
6	Rope Pushdown	Preacher Curl
7	Dumbbell Kickback	Hammer Curl
8	Reverse Grip Pushdown	Cable Curl
9	Incline Cable Overhead Extension	Reverse cable Curl
10	Bench Dips	Barbell Drag Curl
11	Overhead Barbell Triceps Extensions	Underhand Inverted Row
12	Cable Triceps Forward Extension	DB Crossover Curl
13	Dumbbell Floor Press	Lie Prone Incline Barbell Curl
14	Cable Triceps Kickback	DB Zottoman Curl
15	Single-arm DB Overhead Extension	Dumbbell Twisting Curl