

# My Cybex Virtual Coach

## Product Video QR Codes

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### ARC TRAINER



Getting Started on the 770A



Arc Trainer Workouts - 770A



Getting Started on the 625AT



Arc Trainer Workouts - 625AT

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### EAGLE NX



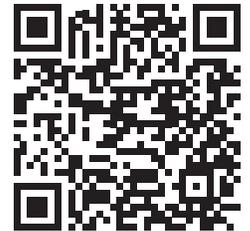
Eagle NX Leg Press



Eagle NX Leg Extension



Eagle NX Seated Leg Curl



Eagle NX Calf



Eagle NX Glute



Eagle NX Chest Press



Eagle NX Overhead Press



Eagle NX Row

## EAGLE NX



Eagle NX Arm Curl



Eagle NX Arm Extension



Eagle NX Pulldown



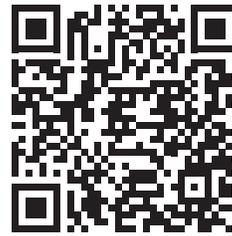
Eagle NX Abdominal



Eagle NX Back Extension



Eagle NX Hip Ab/Ad



Eagle NX Seated Leg Curl



Eagle NX Torso Rotation

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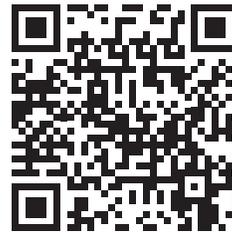
## BRAVO FUNCTIONAL TRAINER



Bravo Overview



Bravo Training: Compound Upper Body



Bravo Training: Ground Based



Bravo Training: Isolated Upper Body



Bravo Training: Open Ended Lower Body



Bravo Training: Trunk Exercises