



**EAGLE
SEATED
LEG CURL**

SCAN QR TO WATCH VIDEO



**EAGLE
TORSO
ROTATION**

SCAN QR TO WATCH VIDEO



**VR3
LEG
PRESS**

SCAN QR TO WATCH VIDEO



**VR3
BACK
EXTENSION**

SCAN QR TO WATCH VIDEO



**VR3
OVERHEAD
PRESS**

SCAN QR TO WATCH VIDEO



**VR3
STANDING
CALF**

SCAN QR TO WATCH VIDEO



**VR3
TORSO
ROTATION**

SCAN QR TO WATCH VIDEO



**VR3
TRICEP
PRESS**

SCAN QR TO WATCH VIDEO



**VR3
BACK
EXTENSION**

SCAN QR TO WATCH VIDEO



**VR3
ARM
CURL**

SCAN QR TO WATCH VIDEO



**EAGLE
ABDOMINAL**

SCAN QR TO WATCH VIDEO



**EAGLE
ARM
EXTENSION**

SCAN QR TO WATCH VIDEO



**EAGLE
SEATED
CALF**

SCAN QR TO WATCH VIDEO



**EAGLE
CHEST
PRESS**

SCAN QR TO WATCH VIDEO



**EAGLE
HIP
AB/AD**

SCAN QR TO WATCH VIDEO



**EAGLE
LAT
PULLDOWN**

SCAN QR TO WATCH VIDEO



**EAGLE
LEG
EXTENSION**

SCAN QR TO WATCH VIDEO



**EAGLE
LEG
PRESS**

SCAN QR TO WATCH VIDEO



**EAGLE
OVERHEAD
PRESS**

SCAN QR TO WATCH VIDEO



**EAGLE
ROW**

SCAN QR TO WATCH VIDEO



**VR3
ARM
EXTENSION**

SCAN QR TO WATCH VIDEO



**VR3
CHEST
PRESS**

SCAN QR TO WATCH VIDEO



**VR3
PULLDOWN**

SCAN QR TO WATCH VIDEO



**BRAVO
FUNCTIONAL
TRAINER**

SCAN QR TO WATCH VIDEO



**ARC
TRAINER
770 SERIES**

SCAN QR TO WATCH VIDEO



**ARC
TRAINER
750 SERIES**

SCAN QR TO WATCH VIDEO



**ARC
TRAINER
625 SERIES**

SCAN QR TO WATCH VIDEO