You Tube filmpjes met uitleg van de krachtapparatuur van CYBEX Eagle NX

Row

<https://www.youtube.com/watch?v=kUJS9T-zMQk>

Abdominal

<https://www.youtube.com/watch?v=VB3_X8D1teo>

back extention

<https://www.youtube.com/watch?v=WnsnESPx4JE>

chest press

<https://www.youtube.com/watch?v=G7I9zRCXKxY>

pull down

<https://www.youtube.com/watch?v=mXBmXUVp9zE>

overhead press

<https://www.youtube.com/watch?v=b_WpiAL9DEQ>

leg extention

<https://www.youtube.com/watch?v=EE9z0z2dQMU>

leg curl

<https://www.youtube.com/watch?v=HqDKfHAuJms>

leg press

<https://www.youtube.com/watch?v=mOOvaB5z6RY>