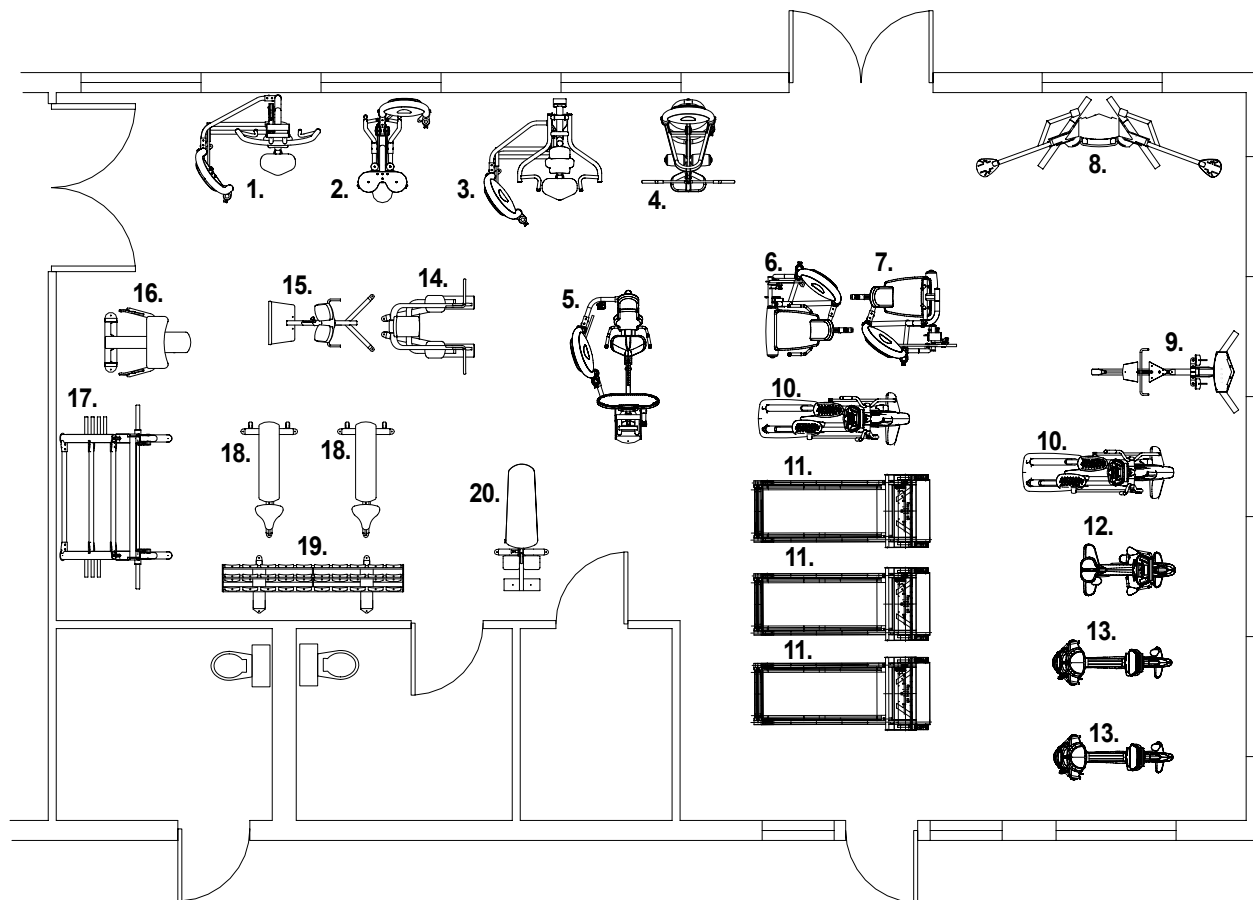


# Long Meadow Farm

PRESENTED BY:  
Randy Risher



SCALE: 1/8" = 1'  
DATE: 06/21/05  
VERSION: 519.1



## LEGEND

### MATRIX

1. CHEST
2. FLY / REAR DELT
3. SHOULDER
4. LAT PULLDOWN
5. LEG PRESS
6. LEG EXT.
7. LEG CURL

### FREEMOTION

8. DUAL CABLE CROSS
9. CALF

### CARDIO

10. MX-E5 ELLIPTICAL
11. MX-T3 TREADMILL
12. MX-R5 RECUMBENT
13. MX-U5 UPRIGHT

### EPIC

14. DIP / AB / CHIN
15. 45° BACK EXT.
16. PREACHER
17. MATRIX SMITH
18. ADJ. BENCH
19. TWIN DUMBBELL
20. AB BENCH