

To: [REDACTED]
From: Jeffrey Epstein
Sent: Sat 1/18/2014 11:48:36 AM
Subject: Re:

start on your knees

On Sat, Jan 18, 2014 at 7:33 AM, [REDACTED] wrote:

Oh, sorry, I've just checked the email.

Will do! Honestly, this will be tough one. I have never been good friend with push ups 😊

From: Jeffrey Epstein
Sent: Saturday, January 18, 2014 10:41 AM
To: [REDACTED]

i think you need to build now your breasts. slow heavy pushups . , flys , . pull downs etc. 8 times 3 reps.

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