

**To:** [REDACTED]  
**From:** Jeffrey Epstein  
**Sent:** Mon 12/7/2009 7:48:44 AM  
**Subject:** Re:

no , squats not [REDACTED]... lunges not lanches. . you need to tone your lower -not upper body.  
your fingers are already in good shape. excercise !!!

On Mon, Dec 7, 2009 at 2:37 AM, [REDACTED] wrote:

You didn't bring Roza? And where is [REDACTED]  
I can barely move my fingers to type..I am sore in every part of my body. I went to the gym and [REDACTED]  
[REDACTED] My whole arms and legs were bright red, my clothes soaked and I was very close to fainting; now I  
can't sit on my ass or even sleep on it. [REDACTED]  
[REDACTED] and no, he wasn't trying to pick me up

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**From:** Jeffrey Epstein <jeevacation@gmail.com>  
**To:** [REDACTED]  
**Sent:** Mon, December 7, 2009 2:19:30 AM  
**Subject:** Re:

for your info [REDACTED] has been traveling with [REDACTED], so there is no one here. [REDACTED] is coming  
to help. i am faxing, answering phones, making food. by myself.

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Jeffrey Epstein

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