

To: [REDACTED]
From: [REDACTED]
Sent: Fri 6/3/2016 8:48:41 PM
Subject: Re: Weight Vest-Wear it the other way!

This was the best email ever! I just love you and how you do things!! Hold on...more response to come!!

Sent from my iPhone

> On Jun 3, 2016, at 11:49 AM, [REDACTED] wrote:

>

> Hey [REDACTED] when I saw you riding your bike with your weight vest on I was thinking you had it on backwards but didn't want to say anything until i looked it up..you need to put the heavier (bigger side) on your back...Not that the vest is all that heavy but with more weight in the back it will be easier to support and you won't hurt your back...it looked like it was really hanging down your front side, pulling you and your chest down...look at the picture of the girl running with the vest on (link below) you will see what i mean! (however I would never recommend running in this thing!) Love you!!!

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> http://www.amazon.com/Zeyu-Sports-Weighted-Vest-10lbs/dp/B00YA4KSUY?ie=UTF8&psc=1&redirect=true&ref_=oh_aui_detailpage_o01_s00