

From: Lesley Groff <[REDACTED]>
To: Jeffrey Epstein <jeevacation@gmail.com>
Subject: Fwd: Posture Exercises Oct-30-2015
Date: Fri, 30 Oct 2015 16:03:10 +0000

Sent from my iPhone

Begin forwarded message:

From: [REDACTED]
Date: October 30, 2015 at 12:01:10 PM EDT
To: Jeffrey Epstein <[REDACTED]>
Subject: Posture Exercises Oct-30-2015
Reply-To: "[REDACTED]" <[REDACTED]>

 Pain Free Menu Reader

Hi Jeffrey Epstein,

Here is your Pain Free Ecise menu for Fri Oct 30 12:01:07 EDT 2015. Please contact me if you have any questions or concerns.

Sincerely,
Shawn Taker

Jeffrey Epstein's Daily Menu

#	Sets	Reps/ Duration	E-Cise
1.	1	0:05:00	Static Back
2.	1	0:03:00	Gravity Drop
3.	3	10	Standing Shoulder Shrugs
4.	3	10	Static Back Reverse Presses
5.	3	10	Standing Shoulder Rolls
6.	2	40	Standing Arm Circles
7.	1	0:01:00	Hip Crossover Stretch - Palms Down
8.	1	10	Pelvic Tilts
9.	3	10	Static Back Pull-Overs
10.	3	20	Sitting Femur Rotations

- | | | | |
|-----|---|---------|--------------------------------------------------------|
| 11. | 3 | 20 | Hooklying Gluteal Contractions |
| 12. | 3 | 20 | Hooklying Knee Pillow Squeezes |
| 13. | 1 | 0:02:00 | Airbench |
| 14. | 1 | 0:04:00 | Static Wall |
| 15. | 1 | 40 | Supine Foot Circles & Point/Flexes |

MENU NOTES:

*Click E-Cise™ name for photo and description of each E-cise™.

POSTURE ANALYSIS:

 Pain Free Menu Reader