

**From:** Jeffrey Epstein <jeevacation@gmail.com>

**To:** [REDACTED] >

**Subject:** Re:

**Date:** Sat, 18 Jan 2014 16:59:03 +0000

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you can go to bing search engine, videos. type in what you might like

On Sat, Jan 18, 2014 at 9:28 AM, [REDACTED] > wrote:

Honestly, those i find this videos great actually :D  
I used to watch it, however i didnt pick right ones obviously :)

Sent from my iPad

On 18 Jan 2014, at 12:48, Jeffrey Epstein <jeevacation@gmail.com> wrote:

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 <w|Emoticon-openmouthedsmile[1].png>

**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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