
From: Karyna Shuliak <[REDACTED]>
Sent: Wednesday, December 25, 2013 12:29 AM
To: [REDACTED]
Subject: Fwd: This exercise killed me!!!

Begin forwarded message:

From: Karyna Shuliak <[REDACTED]><=r>
Subject: =/b>This exercise =illed me!!!

Date: =/b>September 14, 2013 =t 3:49:11 PM EDT

To: =/b>[REDACTED] <[REDACTED]>, [REDACTED]>

<http://www.youtube.com/watch?v=i5nbFRUa79Q>