
From: Kathy Ruemmler <[REDACTED]>
Sent: Tuesday, December 2, 2014 1:53 PM
To: jeffrey E.
Subject: Re:

Pool and planks seem a bit ambitious....the other things are doable.

On Dec 2, 2014 8:43 AM, "jeffrey E." <jeevacation@gmail.com <mailto:jeevacation@gmail.com>> wrote:

chairs, too easy, excercise, pool is best to start but if not. wall sits , crunches. squat and planks

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=C2♦ please note

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JEE

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