
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, exercise, pool is the best to start but if not. wall sits, crunches. squats and planks

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2 please note

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JEE

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