

**To:** Jeevacation[jeevacation@gmail.com]  
**From:** Lesley Groff  
**Sent:** Wed 4/29/2009 1:56:53 PM

Wanted you to know Ike pointed out to me that I can do flies on the weight machine we have...so I have modified my workouts! ;) ;) (and I get just as much satisfaction from doing the flies as I did from the chest presses...probably more so! Now I need to get myself one of those workout balls for squats against the wall!)

☺ Les

\*\*\*\*Please note my new email address: [REDACTED] The old email address will become obsolete! Thanks, Lesley\*\*\*\*