

‘‘The No-Pain No-Gain Gym’’

Joseph Mack

watching Bart being insecure at Transactors Love show

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DRAFT
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ACT ONE

BO FLEX:

male. ex-Marine drill instructor. Will be played ironically by 130lb Joe, wearing a T-shirt and gym shorts, to emphasise my skinny physique. The wimps/men are to treat him as if he has the body of Arnold. The only people in the room, who know that he doesn't have the body of Arnold, are the audience. Hopefully the audience will get the irony. (Presumably could be played by a really fat guy.)

WIMPS: male,

as many as are available. Wear long sleeved and long legged gym clothes. In the first act, they stand with dejected shoulders and look hopeless. In the second act, they come out with bulging muscles (presumably crunched up newspapers around their biceps, chest and thighs), posing, grimacing and talking like Arnold.

WOMAN: comes on stage at end.

script consultants: Guy.

In the second half, the wimps have to come out all bulked up. In principle you could wear a jacket underneath, except the jacket might show, or the audience wouldn't get that it the jackets showed muscles and might think you're cold. (maybe the wimps could point out how bulked up each other are). I remember in scouts doing something like scunching up newspapers and stuffing them down our arms inside our shirts. You look like Popeye. The muscles then are so absurd that everyone knows that it's theatrical.

?mins.

 Author's introduction:

FADE IN

1. INT. GYM, --- INDOOR, DAY

Bo Flex walks up and down in front of a ragged line of dejected wimps.

BO FLEX
 Look sharp wimps! My name is
 (MORE)

CONTINUED

BO FLEX (CONT'D)

Bo Flex. I grew up in Mussel Shoals AL. For 20yrs, I was a drill sergeant in the Marines. I'm here to turn your lives around; your miserable, hopeless, worthless lives. In the Marines, I took on anything the recruiters threw at me; the dregs, the incompetents, the lost, the people who couldn't get a job, and in 3 months, working 24hrs a day, 7 days a week, without a minute's break, I turned every one of them, into healthy, strong, muscley, fit, lean, motivated, fine specimens of american manhood, all perfect copies of me.

BO FLEX (CONT'D)

I had hopes to do the same with you, but you're such a pasty bunch of good-for-nothing, candy-assed wimps, that it will take more than me to turn your lives around. It will take a miracle. A miracle! Do you understand?!

The wimps look at each other, unsure how to respond. Finally they all decide they better say something.

WIMPS

er yes

BO FLEX

That's "yes sir", wimps!

WIMPS

(tentatively)

yes sir.

BO FLEX

It's going to take more than a miracles to turn this lot of wimps around. Even the recruiters would take drug addicts over you lot any day. Do you hear!?

WIMPS

(cringing)

yes sir.

BO FLEX

That's better. In case you're wondering why I do this job, it's because I enjoy humiliating wimps. Do you hear!?

CONTINUED

WIMPS
(still cringing)
yes sir.

BO FLEX
That's better wimps. So what's
wrong with your miserable,
worthless lives that you've signed
up to have me straighten you out?

Wimps one at a time, hesitantly, after looking to each other
for reassurance etc.

WIMPS
I can't get any dates.

WIMPS (CONT'D)
Women ignore me. It's like I don't
exist.

WIMPS (CONT'D)
They laugh at me.

BO FLEX
You should be glad someone noticed
a wimp like you. For you, even
being laughed at is better than
being ignored. OK wimps, see this
teddy bear here. Each week I give
it to the biggest wimp, the one who
cries, the one who shits in his
pants when I tell him what a wimp
he is. He takes it home and sleeps
with it. Next week, he brings
it back and tells us how much he
needed the teddy bear to make it
through his week.

Wimps look at each other, terrified.

Once the wimps recover, they could all want the teddy bear,
to Bo Flex's despair.

WIMPS
can we all have a teddy bear?
Please?

I need to play up how muscley I am. Need to think about
this.

BO FLEX
OK wimps let's do something easy.
We need to start putting on a bit
of muscle, now, right now, so you
look like me. We've got a long way
(MORE)

CONTINUED

BO FLEX (CONT'D)

to go; there's no time to loose. I
want 100 reps of curls with 40lbs.
Do it till your hands bleed. You
don't leave this room till you do.

Wimps do curls with imaginary weights, but after one or two,
start bending their backs to flick the weights up. By 5
reps they're groaning and by 10 reps they've all collapsed
on the ground, moaning in agony.

BO FLEX (CONT'D)

I've never seen such a wasted pile
of flab. You're not even human
much less men. No woman is going
to touch wretched streaks of misery
like you. It's going to take two
miracles to turn this lot of wimps
around. There aren't enough teddy
bears in the world for you lot.
You're lucky I've only got one
teddy bear.

Bo Flex hands imaginary teddy bear to one of the wimps.
(Maybe I'll get a real teddy bear.) Wimp hugs teddy bear,
like his life depends on it.

BO FLEX (CONT'D)

Here wimp, let's start with you.
You get the teddy bear this week.
Be nice to it, you won't make it
through your week without it.

ANOTHER WIMP

I wanted the teddy bear this week.

BO FLEX

(to audience)

Three months later

Wimps come bounding on stage rippling with muscles (crunched
up newspapers inside clothes), confidence, joyous, posing
for and admiring each other, grimacing and talking like
Arnold. (I need some Arnold type dialog. I'll go download
Pumping Iron.)

WIMPS

Ich habe heute hundert Gramm Eiweis
gegessen

Bo talks while the men admire each other. He makes no
attempt to bring them to order.

BO FLEX

(proudly)

Men, and I'm proud to call you

(MORE)

CONTINUED

BO FLEX (CONT'D)
 that, congratulations. It is
 indeed a miracle. You made it.

Woman comes on stage and approaches the men while they're
 posing for each other. They act as if she's not there.

WOMAN
 (cheerily, she
 doesn't expect to be
 ignored)
 Hello, my what a healthy and fit
 bunch of guys you are. Can you
 tell me where the cafeteria is?
 ... Guys, excuse me ... Guys,
 Guys ... does anyone know where
 the cafeteria is?

Turns and walks over to Bo

WOMAN (CONT'D)
 Are they OK?

BO FLEX
 (all smiles)
 Sure, they're just men for the
 first time. The cafeteria is
 through that door; just follow the
 signs.

Woman walks towards cafeteria, looking strangley at the men
 still posing for each other.

FADE OUT

 Author's comments:

On 7 Feb 2015, I was at Transactors Love show. There Bart
 played an insecure man. For one part he was in a gym with
 a person (Greg?) who was playing arrogant. Greg was doing
 continuous curls with no sign of stopping, talking about how
 great he was. Bart started doing curls, trying to match
 Greg, but after a few reps, started to flex his back, and
 eventually gave up.

The next week, with Guy in one of our "Comedy in the Park"
 sessions, we followed Alan's format of starting with an
 interview. I decided to be a gym instructor with a room
 full of Barts. Guy asked me questions. Guy thought of "Bo
 Flex". Guy then started asking me question about me from
 which I came up with "Mussel Shoals, AL" (not knowing how it
 was spelled, I thought it was Muscle Shoals, as in Muscle
 Beach) the teddy bear, and humiliating wimps.

The rest of the scene came from my time at Kings School. I
 realised that all the effort they'd put into me, to turn

me into a man had worked (irony). I am the man I am today because of King's School. This is the first time I can say this and smile (with irony).

THE END