

A vibrant, cyberpunk-style illustration of a city street at night. The scene is dominated by deep blues and purples, with warm orange and red lights from buildings and street lamps creating a strong contrast. The architecture is dense and futuristic, with many windows and balconies. A lone figure in a dark coat and hooded jacket stands in the center of the street, looking towards a bright light source in the distance. The overall atmosphere is mysterious and futuristic.

# Fitness mini play

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**Fitness mini play**

*[http://www.litres.ru/pages/biblio\\_book/?art=69674425](http://www.litres.ru/pages/biblio_book/?art=69674425)*

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**Аннотация**

This mini play is describing a hilarious story related to fitness. Enjoy reading it!

# Lewis Foreman

## Fitness mini play

### EPISODE 1: "New Year, New Me"

INT. GYM – DAY

We open with four friends – JESS, MIKE, SARAH, and JASON, all in their mid-20s, dressed in workout gear, with a look of determination on their faces.

JESS: (looking at her phone) "Alright guys, it's January 1st. The year of the fit and fabulous. Let's do this!"

SARAH: (incredulous) "Are you serious? You're going to fall off the wagon in like six days."

JASON: (nodding in agreement) "Yeah, it's not like the calendar magically makes you more motivated."

MIKE: (pumping his fist) "Nah, not this year. We're going to crush it. Summer 2022, here we come!"

As the group gets into their workout routine, Jess struggles with the weights, Sarah can't seem to commit to a machine, Jason looks like he's about to pass out, and Mike just keeps shouting motivational mantras.

**Episode 2: "The Trainer"**

## INT. GYM – DAY

Jess, Sarah, Jason, and Mike are all sitting on the rowing machines, covered in sweat and out of breath.

JASON: (gasping) "Why are we doing this to ourselves?"

MIKE: (spinning his hat backwards) "Because pain is temporary, but glory is forever."

SARAH: (rolling her eyes) "Yeah, well, I'm ready for some glory right now."

Suddenly, a muscular man (TRAINER) walks into the gym and spots the group.

TRAINER: (smiling) "Hey, are you guys new here?"

JESS: (catching her breath) "Um, kind of. We're trying to get in shape this year."

TRAINER: (nodding) "I can help with that. My name is Chad, I'm a personal trainer here. I'll give you guys a free session and get you started on a program."

JASON: (skeptical) "What's the catch?"

TRAINER: (laughing) "No catch, I just love helping people reach their fitness goals. What do you say?"

The group reluctantly agrees, and Chad puts them through a grueling workout routine that leaves them sore for days.

## Episode 3: "The Supplement"

## INT. GYM – DAY

The group is huddled together, drinking protein shakes after a workout.

JESS: (looking at the label) "Guys, have you seen the ingredients in this stuff? It's like a science experiment."

SARAH: (shrugging) "Chad said it would help us build muscle faster."

JASON: (skeptical) "I don't know, I heard those supplements can mess with your body."

MIKE: (chugging the shake) "Come on, live a little! It tastes like a milkshake anyway."

As the group finishes their shakes, Mike starts to feel a little queasy. Suddenly, he runs to the bathroom, and the sound of him throwing up echoes through the gym.

## **Episode 4: "The Class"**

INT. GYM – DAY

The group is in a crowded fitness class, struggling to keep up with the instructor.

INSTRUCTOR: (shouting) "Come on everyone, you can do it! Just a few more seconds!"

JASON: (gasping) "I can't do this anymore."

SARAH: (breathlessly) "Me neither, I think I might pass out."

MIKE: (panting) "This is insane, who thought this was a good idea?"

JESS: (determined) "We can't give up now, we're in this together!"

As they push through the last few reps, the group feels a sense of accomplishment and camaraderie.

## **Episode 5: "The Cheat Day"**

INT. DINER – DAY

The group is sitting in a diner, surrounded by plates of pancakes, bacon, and eggs.

MIKE: (munching on a pancake) "This is the best cheat day ever."

JASON: (nervously) "Are we sure we should be doing this? We worked so hard all week."

SARAH: (smiling) "Relax, the occasional indulgence won't kill us."

JESS: (savoring her food) "Exactly, we deserve to treat ourselves after all that hard work."

As they continue to enjoy their meal, the group discovers that they have accidentally ordered from the wrong side of the menu – the high-calorie, low-nutrition section.

## **Episode 6: "The Injury"**

## INT. GYM – DAY

The group is gathered around Jason, who is sitting on a bench with an ice pack on his knee.

MIKE: (concerned) "Dude, are you okay?"

JASON: (grimacing) "I think I pulled something. This hurts so bad."

JESS: (sympathetically) "Maybe we should skip the gym for a few days and let your knee heal."

SARAH: (nodding) "Yeah, we don't want to make it worse."

Jason reluctantly agrees, and they take a break from their regular workout routine.

## **Episode 7: "The Competition"**

### INT. GYM – DAY

The group is standing at the front desk, staring at a flyer.

JASON: (excitedly) "Guys, check this out! There's a fitness competition next month!"

SARAH: (skeptical) "What kind of competition?"

JESS: (curiously) "Yeah, I'm interested."

MIKE: (pumped) "I'm in! Let's do this!"

As they sign up for the competition, the group starts to get competitive with each other, determined to win.

## **Episode 8: "The Wardrobe Malfunction"**

INT. GYM – DAY

The group is getting ready in the locker room, adjusting their workout gear.

JASON: (looking in the mirror) "Man, I look good in this outfit."

SARAH: (rolling her eyes) "Can we focus on the competition please?"

MIKE: (nervously) "Guys, I think I forgot my sneakers."

JESS: (helpfully) "It's okay, you can borrow my old ones."

Suddenly, as they start their warm-up, Jess' leggings split down the middle, exposing her bright pink underwear to the entire gym.

## **Episode 9: "The Victory"**

INT. GYM – DAY

The group is standing on a podium, holding a trophy.

ANNOUNCER: (in a microphone) "And the winners of the fitness competition are... Jess, Sarah, Mike, and Jason!"

As they bask in their victory, the group realizes that their journey towards fitness was more about friendship and support than anything else.



## Episode 10: "The Resolution"

INT. GYM – DAY

The group is stretching, getting ready for their workout.

JASON: (smiling) "Guys, I have a resolution for next year."

SARAH: (curiously) "What's that?"

JASON: (confidently) "To have even more fun while getting in shape. It shouldn't always feel like a chore."

MIKE: (nodding in agreement) "Yeah, and we should remember to support each other, no matter what."

As they start their workout, the group feels a sense of optimism and renewed determination.