

## NEWBIE

(Starts off in a free mat/weight area of a gym with a rack of hand weights center stage. There is a small collection of girls gathered on one side of the weights. They begin the scene with their talking and taking pictures in the imaginary mirror.)

BRIAN

(Enters staring at girls intensely, clearly captivated. He begins vigorously snapping a rubber band on his wrist. He speaks to himself.)

Okay. Focus Brian! You got this. You belong here just like everyone else. The point isn't what you look like now, it's what you will become.

(He picks up two weights, obviously different sizes and lets them hang at his sides, struggling, he starts to shimmy his shoulders back and forth. He continues to do this but starts to slow down as he stares at the girls.)

JEREMY

(Enters and sees Brian shimmying and follows his gaze. Knowing exactly what's happening - he intervenes.)

Hey man! Looking good.

BRIAN

(Startled, he drops the heavier weight on his foot.)

AHHH! OW! Fuck.

(He sees the girls laughing at him and he quickly straightens his body, smiles, and nods very masculine. He turns to Jeremy)

Can I help you? You're kinda throwing off my groove.

JEREMY

(Chuckles)

Oh, my apologies, clearly you have everything under control. (beat) How's the foot?

BRIAN

(Acting manly and tapping his foot on the ground)

Just fine. Thanks.

JEREMY

(Gesturing to the weights)

Wanna learn how to actually use those?

(Brian, looking at the rack, swallowing his pride, shakes his head 'yes'.)

Well, first rules first, you'll want two of the same weights. And second, you may be trying to get attention but you're not gonna get any shaking your tits like you're at a high school dance. Third, most important athletic rule: have a sturdy base, find your center.

(Jeremy demonstrates. Brian laughs nervously and picks up the weights – this time two of the same – and assumes the position.)

Good! Now just raise your arms alternating parallel to the ground.

(Jeremy demonstrates. Brian follows.)

GIRLS

(Girls begin exiting and as they pass Jeremy and Brian they ad-lib...)

"Good job boys." "Looking good." "So strong." "See you later."

BRIAN

(Nearly topples over, losing his balance, smiling dreamily)

B... b... hi... ghe... bye.

JEREMY

(Shaking his head, still alternating his arms in the exercise)

Smooth dude.

BRIAN

(Coming out of his haze. Genuinely confused.)

What?

JEREMY

(Putting down the weights. Takes hold of Brian's still weak arms and snaps the rubber band on his wrist. Brian twitches in pain)

Nothing Romeo. I'm Jeremy, by the way.

BRIAN

Brian. And, thanks.

THE END