

THE WORKOUT  
By Sean George

INT. SEAN'S APARTMENT

Sean walks in wearing a tank top, shorts, running shoes and sweatbands. He's carrying an exercise mat.

He lays out the mat and takes a deep determined breath.

Sean starts doing sit ups and there's a STRANGE MOAN. Sean stops looks around then resumes doing sit-ups.

A LOUDER, MORE INSISTING MOAN

SEAN  
What the hell?

Sean goes back to sit-ups

THE MOAN TURNS INTO A WHINE. Sean Stands up.

SEAN (CONT'D)  
Is anyone here?

STOMACH  
(a voice emanating from Sean's torso)What are you doing?

SEAN  
Who's that?

STOMACH  
Me.

SEAN  
Me who?

STOMACH  
Look down, it's me.

Sean looks down at his gut.

SEAN  
My stomach?

STOMACH  
Yeah. You're trying to kill me.

SEAN  
I'm not trying to kill you I'm just trying to get into shape.

STOMACH

I think you're round and beautiful.

SEAN

Yeah well you're the only one. Most people don't think that way.

STOMACH

Oh come on, we don't need them. We got each other.

SEAN

I can't run up hills without running out of breath.

STOMACH

Everyone breathes heavy when they're RUNNING.

SEAN

I can only have sex in one position.

STOMACH

I like it when she's on top. She holds me, like a gypsy holding a crystal ball.

SEAN

A crystal ball that only predicts a heart attack

STOMACH

So you're just going to kill me so you can improve your sex life? You're a selfish, fat, stupid, asshole.

SEAN

I'm fat because of you.

STOMACH

You're stupid because you're an idiot and that's got nothing to do with me.

SEAN

That does it.

Sean gets down and starts doing sit-ups at a furious pace.

STOMACH

Ouch, ouch, stop! Please! Stop! Don't you remember the good times?

SEAN  
What good times?

STOMACH  
Memorial Day '96. We finished that  
huge sundae and got our picture in  
the paper

SEAN  
I remember the ice cream headache.

STOMACH  
Or what about the time we won that  
hot dog eating contest.

SEAN  
Well.. I still have the ribbon  
hanging above my bed but-

STOMACH  
And when Uno died?

DISSOLVE TO:

INT. SEAN'S CHILDHOOD HOME (FLASHBACK)

This is a memory so everything is in a SOFT FOCUS.

A parent's hand holds a dead goldfish over a toilet and drops  
it. FLUSH.

YOUNG SEAN stands there crying

DISSOLVE TO:

INT. SEAN'S CHILDHOOD HOME (FLASHBACK) - LATER

Young Sean is sitting on a couch eating a giant bowl of  
mashed potatoes.

STOMACH (V.O.)  
No one else cared but who ate a  
whole box of powdered mashed  
potatoes and watched re-runs of  
Family Feud with you, till you felt  
better?

CLOSE UP ON YOUNG SEAN'S FACE.

DISSOLVE TO:

INT. SEAN'S APARTMENT - PRESENT

CLOSE UP ON SEAN'S FACE.

SEAN

Oh god. What have I been doing?  
I've been trying to kill my best  
friend. I'm SO SORRY.

Sean goes to the kitchen and starts eating everything in the cabinets. He opens the fridge and pulls out a salad.

STOMACH

Salad?! Yuck

SEAN

Salad!?! Yuck

Sean tosses the salad over his shoulder and starts to pull various food items out of the fridge and continues to feverishly pig out.

FADE TO:

INT. SEAN'S APARTMENT - LATER

Sean is lying on the floor covered in food wrappers and the remains of his feeding frenzy. There's remnants on his face.

SEAN

(Relieved sigh) I will never do a  
sit up again.

LUNGS

(wimpy doubled voice)  
You know. If you still want to get  
healthy, you could quit smoking.

SEAN & STOMACH

Shut up lungs.

Sean punches himself in the chest.

STOMACH

Stupid lungs.