

TEAR-ING IT UP

Written by
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(A Female Monologue)

Mayamo Jimmy Productions

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INT. GYM -- GROUP EXERCISE CLASS -- WAY TOO EARLY IN THE MORNING

ABY, an energetic group exercise instructor, speaks to the audience.

ABY

Tears. (Beat) That's it! That's the secret to weight loss. Tears. Not P90X. Not the Paleo Diet. One hundred percent, all natural, why-is-my-life-so-hard-right-now type tears. You see, the majority of people underestimate the power of a good cry. They do! They fail to realize that a healthy mind equals a healthy body. That crying chemically flushes out all of the bullshit on the inside, so that you can look like the shit on the outside. (Beat) Take me for example. You see these biceps? How do you think I got these? By working hard? Um, no! These guns were manufactured by me thinking about my parents divorce.

She targets another part of her body.

ABY (CONT'D)

And you see these triceps? You think I got this from close grip pushups? (*Makes a buzzer sound*) Wrong! Try countless conversations with my therapist about my inability to find love because I have yet to find myself. Now who's thirsty for a six pack?

She picks up her shirt. She points and looks at her abs the whole time.

ABY (CONT'D)

These abs are from the time I accidentally farted in church. And these abs formed when my cat Freddy Purrcury died when I was in high school. (*Looking up*). Ironically, he had AIDS too, Feline AIDS --- which is pretty common in the cat community. And because of that fact, I cried for all the cats ever infected by the disease.

(MORE)

ABY (CONT'D)

And as result, I grew these puppies
right here!

She flexes her calves. She then puts her shirt down and
begins to reference her legs and butt.

ABY (CONT'D)

(matter of fact)

And you can thank Tyler Perry for
this lower body. I cried so much
while watching his movies! Not
because they were good, but because
of how painful they were to watch.
Seriously, they're unbearable. All
of them. But if you watch them long
enough, your ass will go from Jello
to JLo.

She laughs at her own joke. She continues.

ABY (CONT'D)

But seriously, that's the secret.
Tears. Taking the time to cry.
Because real change doesn't come in
the form of a pill or fad workout
or diet. It comes from within.
Think of your tears as sweat for
your soul and the only way your
soul can sweat is if you put it to
work. So let's clock in, girls,
because it's time to go to work!
It's time to let it all out! You
all ready tear this place up!

(NOTE: Actress should wait for the crowd to respond before
continuing)

ABY (CONT'D)

Now that's what I'm talking about!
Alright, alright. Before we begin,
by a show of hands, who here wishes
they were never born?

BLACK OUT.

THE END