

## SCENE 1 - Ladies' living room

Jessica T - Ok ladies, lets do this! This is *THE* latest workout DVD! It's all anyone's been talking about!

Marnie - I dunno about this... I had a big lunch and...I...have a sudden headache coming on and...I... I'm allergic to...squats?

Leah - No excuses! This is Brooke Windham's 'Whipped into shape Workout.. DISK TWO!' The workout of the century!

Ella - She made millions from disk one, and the follow up book 'Whip your way to perfection'. I've read it sixteen times! I can't get enough!

Jessica C - Brooke is so hard core, she had women bulking up and taking over the gym after disc one! I can already feel my muscles thanking me.

Chloe - I can feel mine begging for mercy... And you know what - I never watched disk one so I guess I might not understand the plot.

Liviya - There's no plot dummy! Just 60 minutes of pure workout genius! Let's make a pact, we will get through the whole hour together, and thank ourselves later...

All Ladies - deal!

Mia - Here we go! Sweat bands on, chins up, and let's get ready to be whipped into shape!

## SCENE 2 - Brook's workout video

11 - Hi, I'm Brooke Windham

12 - I'm Brooke Windham

All Brooks - I'm Brooke Windham

Amy - Trainer, celebrity, best selling author, winner of 5 workout awards, and all round perfect person. You're welcome world!

Thea - My mission is to empower women like YOU to build up those guns and change your life. If you're ready for a challenge you're in the right place

Myla - Welcome back to the Windham Workout Disk Two Challenge, our daily commitment to being the best that we can be!

All Brooks - Yeah!

Aila - So grab your CardioWhyp 5000 weights. 'Cause if you want to get ripped, you've gotta get... Whypped!

Emmy - Do you want an easy miracle? Do you want to lose a pound or two? Then you can turn this off right now, cos my workout's not for you.

Scarlett - I'm talkin' to the woman who wants it all: Gotta pay for what you get. Cos these new clothes don't come to those too lazy to sweat!

Hannah - But it's more than just a workout. It's a defensive weapon too. Simply hold this to the bad guy and BAM BAM BAM til he turns blue!

Nessa - You can also use the handle grip to shatter your attacker's spine. And all for three small payments of \$19.99!

Maya - You'll hate me... but you'll love me for it! What doesn't kill us makes us stronger ladies! Time to get whipped into shape!

# WHIPPED INTO SHAPE

I want you whipped into shape  
When I say jump, say "How high?"  
You'll know you're doing it right  
When you start to cry

If you don't look like you should,  
You've got to whip it, whip it, whip it good  
I'm sorry, ladies, no escape  
Til you're whipped into shape!

I want you whipped into shape  
If there's a brain in that hair  
Tell it that I am the key  
I will get you there

See when I talk to you I  
Want neither plea nor plan nor alibi  
You got it, ladies, with this tape  
I want you "whipped into shape!"

2 x 8s

Circle! Circle! Under! Over! Through! Around! Again!  
Circle! Circle! Under! Over! Through! Around! Again!

Left! Right! Left! Right!  
Left! Right! Left! Right! Left! Right!

I want you whipped into shape  
When I say jump, say "How high?"  
You know you're doing it right  
When you start to cry

If you don't look like you should  
You've got to whip it, whip it, whip it good  
I'm sorry, ladies, no escape  
Til you're whipped into shape!

2 x 8s

Swipe it! Swipe it! Swipe it through! Check it out! Double jump!  
Swipe it! Swipe it! Swipe it through! Check it out! Double jump!

Get whipped into shape!!