

GYM RAT [UPDATED REVISION]

CAST

JANE DOE:.....PON MAGLAKIAN

???:.....GYM BRO

(Pon pulls her car into a parking spot. it's in a nice looking place, close to the door of a large upscale and expensive looking shopping center. The sound of seagulls are heard as waves lap in the background. The plaza is by the beach so the excited cheers and merriment of people are heard throughout the scene in the distance.)

(Pon reaches towards the radio and turns it off. She unbuckles her seatbelt)

[Almost absent minded, you're taking a count of your things]

Pon: Alright, let me just check here.. water bottle...headphones... change of clothes.... a second change of clothes for when i inevitably get swamp ass...i think that's everything! good!

[Excitedly]

Pon: I so excited! I've been meaning to check out Alsions gym for a while now. I just never had the time to get down here with everything going on.

[Determined]

Pon: But no more excuses, I can't sit on my big fat butt all day doing nothin' I gotta take my health seriously! All it is is work. Home. Work. Home work home.

Pon: Not this year though! New year new me! Gonna take seiras advise; more pon time, less work time! I'm important, I deserve free time!

(Pon gets Out of the car, clogn the door behind her. Her car beeps and locks.)

Pon: Plus... I do kinda need to do something bout this wagon...

Pon: I mean I dont Mind having a big butt, But my goodness.. its just such a big juicy booty ugh...

[Annoyed]

Pon: The only thing its good for is drawing attention and half the time I don't even want it! I had *wondered* why the city council meetings started getting so popular out of no where.

[Say the italics in a fanciful/ inspired dreamer esc sort of tone. Hype it up, only to come down into an annoyed tone again]

Pon: Here I thought that there were *bright new civic minds, enamoured by the wonderful world of city planning and local Governance*— but no.

(Pon approaches the gym and the sliding glass doors open to the sound of the gym music and sound of weights and dumbbells clanging and machinery getting used. The sound of music is echoing through the scene)

[Annoyed then Sarcastic]

Pon: Only thing they are enamoured by is this badonkadonk. Can't stop staring at my panty eating, skirt munching, wobbly booty. Fun!

Pon: I mean, don't get me wrong, even I stop and stare In the mirror some times. But I'm So Sick of it clapping together every time I take a misstep!

Pon: But that's what I'm here for! Toning this booty!

(Pon sees the manager and approaches)

Pon: There's the manager, perfect, Excuse me! Excuse me!

Gym bro: Oh hey, welcome to Empire Fitness! Do you have a member ship with us?

Pon: No no, but I'm looking to sign up!

Pon: What are you tryna' do today? Got a work out plan you wanna do? Any sort of idea what you wanna work out? Traps? Biceps? Back?

Pon: Yeah, glutes!

Gym bro: Glutes?

Pon: You know, My butt.

Gym bro: Like ...are you trying to lose it or...

[Playfully annoyed]

Pon: No no! Of Course not! I love this silly wagon of mine! I dont Mind having a big butt, Honestly! But god forbid I want to wear a nice pair of underwear; 10 minuets later the fabrics loged in my crack. Guess I'm wearing a thong! Like Ugh, ya know?

Gym bro: not at all.

[GENUIENLY annoyed]

Pon: I SURE do love it! 70\$ designer panties stuffed up my butt crack...freaking buried up in there. Good luck trying to get it out!

Gym bro; Bro....

Pon: honestly! I mean look at this thing, Just look. Its COMICALLY large.

Gym bro: DOG.

Pon: For no reason on earth should its be like this, Its such an inconvenience, I literally have to walk sideways to walk through doorways!

Pon: And don't even get me started about going to the bathroom, I—

Gym bro: I GET IT! You have a big butt! , it's 125\$ dollars a year for the membership. Now do you want to buy a membership or do you want to talk more about the anguish it is to have a fat ass?!

(Pon is silent for a moment before speaking)

[In a playful tone, you're fuckjgn around]

Pon:....I've got a crazy wedgie right now actually.

Gym bro: GOD

[Speak with sincerity but with a hint of playfulness, you were messing with this guy]

Pon: I'm sorry I'm Sorry! Yes I'll buy the membership!

Gym bro: Okay...ugh...geez bro.

[Adlib some garbage here it doesn't matter what you say along as it kind corolates to the scene]

(Pon swipes her card. Scene changes to Pon on the gym floor dressed in neon green sweatbands and bright pink leggings. Over her shoulder she has a towel and stretches in excitement.)

Pon: Wow! I'm surprised they had leggings in my size! And these fuzzy sweat bands are soo cute! Alright! Here we go!

[Pon is stretching, speak in a strained tone]

Pon:Lets get a quick stretch in...limber up those muscles...

Pon: Oooh! A squat rack! Im so excited!

Pon: .. I guess Ill just grab this. And—

[Grunt loudly]

(Speak in a strained tone of voice)

Pon: guh! H-Heavy!

Pon:Hhng...O-One....

[Grunt]

Pon: Two!

(Start breathing heavily)

Pon: Three!

[Grunt]

Pon: F-Fouuur...!

[Groan loudly]

Pon: F-Fi...iii—

(Pon Let's loose a funny brap on the downward motion of the squat and drops the bar on the ground with a loud clang)

[Gasp in surprise]

Pon: N- No one heard that right...?

Pon: ...looks like no one's looking... is the gym too loud to hear those...? Oh gosh I hope so!

Pon: I guess theres only one way to find out..

Pon: ...I can't believe I'm gonna do this, im so weird...

(Pon hikes up a leg and rips one, quickly looking. Left to right to see if anyone heard)

[Soft grunt and sigh of relief]

Pon: Nothing? No one heard it?

[Chuckle deviously]

(Speak in a devilish devious sort of tone)

Pon: No one heard it.... heheh... that means I don't gotta hold these things in...

[Soft grunt long relief sigh]

Pon:mpfh... Thank God. Ugh... it's so good to let these things loose and not worry about getting embarrassed. I can't count how many times I've got to abstain to keep my image up but now...

[Grunt and sigh]

Pon:...I can just relax and let loose.

(Pon grabs the bar and hoists it over her head and onto her shoulders)

[Loud grunt like your picking something up]

Pon: Alrighty! Just a few more sets of these and then I can move onto leg lifts!

(In a strained tone)

Pon: one....

Pon: two....

Pon: and ... three.

[Short inhale and then grunt like you're forcing it out. Then take a long sigh of relief]

Pon:... Ugh... that's uh.. phew.... That sounded gross..

[Gag/Dry heave]

Pon: Ugh! It smells worse! That REEKS...

Pon: you know what... I'll just...leave that there.

(She puts the bar back)

[Chuckle to yourself]

Pon: I hope whoever uses this next doesn't have a good sense of smell....

[Chuckle again but more deviously]

Pon: And one for the road.

[Grunt and then sigh]

[Speak in a sing song tone of voice]

Pon: Off to the next~!

(Pon approaches a large yoga ball)

Pon: Oo! A yoga ball!

[Grunt then sigh]

[Speak in a nervous tone of voice, like an anxious excitement]

Pon: Geez look at me, just cuttin' em loose in public like that! It's so crass...!

Pon:...but...it's kinda...Fun? Like as gross as it is I'm getting a rush on potentially getting found out! Sierra was right! I do gotta live a little!

(Pon straddles the yoga ball)

Pon: alright! Yoga ball time! So...uh....how do I...

Pon: Like do I just sit on it or like. ?

[Speak in a surprised tone]

Pon: O-oh! I can feel the ridges through my leggings!

[Speak in a devious tone]

Pon: ...I can feel the ridges through my leggings~ hehehe....

[In a hushed tone]

Pon: maybe....maybe I could...

Pon: no no! That's way too risky....! Thats felony right there and think of the tabloids!

Pon:but... of the thrill of it...oh man, to do that in public...?

Pon: I mean...a few experimental grinds wouldn't hurt...right?

[Rattle out a devious chuckle]

(Pon begins rubbing herself on the yoga ball grinding the ridges of the large red ball against herself)

[Just do a bunch of sharp huffs and puffs. Really soft stifled pleasurable groans I'll use em throughout the scene. Give some "oh yeah" and "God yes"s]

(Pon continues to grind her self on the yoga ball)

Pon: Just...mmmpfh... workin' out... nothing weird about it...

[Grunt then sigh]

Pon:...Really...ugh....mpfh... workin some stuff out...

[Another grunt and a sigh]

Pon: Phew.... I... ahhhh~...

Pon: Guhh.... Grinding on a yoga ball....

Pon:...in public of all places...

Pon: How bold of you... mmff...

Pon: Mpfh Pon...you...disgusting rodent, rubbing yourself down....ripping ass in public.... At the same time too....

Pon: Mpfh...okay...just—

[Grunt and sigh c:]

Pon: A little more—

[Make a very stifled climax groan]

Pon: Phew... I...OoOooH gOd...mmpfh.

[Spoken in an out of breath fasion]

Pon: This- This ball is Dangerous. I'm gonna buy one of these for my house, my lord...

(Pon weakly stands up from the yoga ball to weak wobbly legs)

Pon:I don't know what's come over me...

[Grunt and sigh]

Pon: Public indecency, And on top of that, fumigating the work out gear I've been using?

Pon: That yoga ball is gonna *Reek*. My farts were really slapping against that rubber...

[Chuckle deviously]

Pon: Snap out of it! You came here to work out not to get your sick sexual thrills! You weird little exhibitionist!

[You're motivated, but begin to get distracted half way through and lose that determined tone.]

Pon: Yeah! Alright, I know what I'll do, first I'll hit the treadmill for a light jog, then I'll hit the benches to do some lifting, then maybe the fly machine and then I'll round it all....out...with....

Pon: With...

(pon looks around to see the locker room, there is a sign that points toward the locker room that says "Sauna")

Pon: oh wow... no way.

Pon: They have a sauna here...?

Pon: Oh my gosh...I love saunas...

Pon: *Ahem* maybe all that stuff can wait till I come back next time....

(Pon begins to make her way to the sauna)

Pon:... I payed alot of money for this membership! I'm not doing anything *wrong* for going to the sauna.... (Even though I did a total of 20 minutes of exercise)

Pon: I'm justified!

Pon: ooo It's warm in here! And I'm just in the locker room! Alright... I guess I'll just grab this key I got.alright.

Pon: Just take this stuff off here.

Pon: Here We are... I *may* Have had to wrap five towels Aroubd my waist but here i am; Au nature!!

(She begins walking to the sauna and opens the door)

Pon: It's nice in here~

Pon: so warm and humid... ahhh..

Pon: I deserve this, I deserve a nice day off for all the work I do. Just gonna sit back....and....
unwind

(Sigh happily)

Pon: ahhh~ you know... I could get used to this whole 'Working out thing' mpfh... that heat?
That steam? Oooh Boy is it good...

(Spoken in a soft relaxed tone)

Pon: Ahh~ Only thing that isn't good is I've got to rip one majorly...

Pon: Eh who cares, I'm the only one in here....

[Grunt then sigh]

Pon: Mpfh

[Grunt and sigh again]

(Still relaxed tone)

Pon: Really just cut loose and relax, Pon, you earned it girl.

Pon: Oh theres a really big one coming...

[Strain for a moment Another relieved sigh]

Pon: ugh...gosh...If I wasnt sweatin' before the I certainly am now!

Pon: Ahh.. this is so nicee..."

(In a disgusted tone)

Pon: Phew! Oh man... Ugh...Those farts are really...REALLY rank... Good thing im the only
one in here.

[Chuckle deviously]

Pon: My own personal sauna hahaha. Now I can air out my Reeking butt in private. Not worrying about anyone complaining!

(In a mocking tone)

Pon: "Oh pon! Go outside if you have to rip em. Don't use the mayors toilet!" none of that in here, nope, just...relaxation.... And fumigation...ahhh....hehehe

[Grunt and sigh]

Pon: It's not MY fault I'm an introvert who for some ungodly reason decided to go into city politics. It's not MY fault that I get gassy when I get nervous! It's a negative feedback loop that constantly keeps me farting!

Pon:But not here. Here I don't have to worry....ahhh....

[Grunt and sigh]

Pon: And now Im stinking up a sauna on my off day... And I couldn't be happier

[Chuckle deviously]

Pon:.....Yeah.....I could get used to this whole 'Working out' thing!