

Resistance Training

By Nora Søren Casey

Nora Sorena Casey
310.435.4538
NoraSorenaCasey@gmail.com
436 W. 160th St. Apt 42
New York, NY 10032

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Characters

Nina, 40s-50s, wealthy, used to having her way

Chrissy, 20s-30s, less wealthy, a self-identified Self Starter

Setting

January 21, 2017. A nice living room in a nice house.

A Note on Punctuation

/ for when the next person starts speaking in overlapping dialogue

— for when a character cuts off another character

... for when a person trails off. When this is on its own line, it's a beat shift with a more contained, internal energy.

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CHRISSEY (30s) and NINA (50s), both in workout clothes, contemplate a yoga mat.

NINA

You see I've got the mat.

CHRISSEY

Yes! Great!

NINA

I would just use a rug

Or

The floor

But Trevor said I had to get a mat.

This annoys Chrissy, but she tries not to show it.

CHRISSEY

Trevor was right!

The floor is too hard.

She gives a friendly chuckle, for no reason.

CHRISSEY

So, to warm up, let's do a couple of sun salutations

She gets into the pose.

Nina looks at her.

NINA

Normally Trevor and I start with toe touches

CHRISSEY

Well, you're working out with me today, so let's try something new!

Nina doesn't seem convinced.

CHRISSEY

Would you like to start with toe touches?

Nina half-heartedly leans towards her toes.

Chrissy touches her toes.

She looks over at Nina. Nina is very, very far from her toes.

CHRISSY
 Breath in, and on the exhale
 Just see if you can get a
 Little
 Farther
 Down

They breath in, and out. Nina does not get any farther down.

NINA
 I'm not keeping you from The March, am I?

CHRISSY
 No.

NINA
 It was selfish of me to ask someone to come today, really
 And Trevor said he's free Thursday

CHRISSY
 Let's forget about Trevor.

NINA
 You sure you want to continue?

CHRISSY
 Of course! Let's just—

NINA
 Because you seem a little annoyed, and I could understand—

CHRISSY
 I'm not annoyed!
 I'm excited.
 Now.
 Center yourself on the mat
 And I'll face you
 You can just follow me and we can move through very slowly

They do a Sun Salutation.

Or most of a Sun Salutation.

Nina gives up.

CHRISSY
Come on.

NINA
Oh, there's more?

CHRISSY
Yes. If I don't stop, you don't stop!
We're in this together.

NINA
Do you have diabetes?

CHRISSY
No.

NINA
Then we're not in this together.

CHRISSY
You wouldn't give up on Trevor, would you?

NINA
The week after the election, Trevor came here for our session and I just broke down
crying
And he held me
And we both wept

She holds out her arms.

Chrissy thinks about hugging her, but she takes too long.

NINA
I'm sorry, I'm monopolizing
How are you?

CHRISSY
Excited to Get Fit!

NINA
How are you *really*?

CHRISSY
Really Excited to Get Fit

NINA
But you are upset, right?
I mean, you're a woman, you're a, a rational being
You're in my living room, you must—

CHRISSEY
I'd really prefer to leave politics out of it.

NINA
Oh my god!

CHRISSEY
What?

NINA
Did you vote for him?!

CHRISSEY
No

NINA
You're not at the March—

CHRISSEY
I didn't vote for him

NINA
You're not upset—
You—

CHRISSEY
I didn't vote for anyone!

Nina is appalled.

NINA
I think you should go.

Slowly, Nina gets down on her knees. She begins rolling up the yoga mat.

CHRISSEY
You're going to fire me because of my political beliefs?

Nina freezes.

Then she keeps rolling up the mat.

Stops. Sighs. Starts to unroll it.

Stops. Rolls it up some more.

Going back and forth. She can't make up her mind.

Chrissy just watches.

NINA

You can stay, but there will be no more Sun Salutations.

Nina leaves the mat down.

CHRISSY

Great! Now that we're all warmed up, let's move on to some resistance training

NINA

Trevor and I like to do breathing exercises

CHRISSY

Yes. You've really got breathing down.

Good work.

Bright smile!

CHRISSY

Now bend your right knee into your chest

Nina tries. She gets partway there.

CHRISSY

Don't stop now.

NINA

That's as far as it can go.

CHRISSY

It's important to practice pushing your limits
Even if they don't change immediately, over time—

NINA

This is it.

CHRISSY

Okay then.

Now you're just gonna take your other leg and lift it to the sky!

Nina tries. It's very hard for her.

CHRISSY
C'mon! Push harder!

NINA
This is hard!

CHRISSY
It's hard now, but over time—

NINA
It's too hard!

CHRISSY
Less talking, more lifting!

Nina's leg drops.

NINA
I really don't appreciate the yelling

CHRISSY
I'm not yelling! But I won't let you give up on yourself
This is the voice I use when I don't let you give up!

NINA
Well, I'm not paying you to yell at me
So change.

Chrissy is pissed. Nina is pissed.

NINA
You don't have to do this.
Trevor said he could reschedule for Thursday.

CHRISSY
Get up.

Nina gets up. Chrissy lies down on the mat.

She demonstrates perfect legs lifts, with great anger.