

NATE'S PUSH UP CHALLENGE

Written by
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EXT. BLANK SPACE

NATE, 25, stands in the center of the screen. Faceless pass him by.

TITLE CARD:

Nates push up challenge

EXT. BLACK SPACE

Nate is talking to Katie. Each sentence has an visual joke to go with it.

NATE (V.O.)

So I was talking to my friend and they mentioned how they gave up on this thing called the push up challenge. I asked them what it was and they said it was training up to being able to do 100 push ups in a row. I quickly forget about it until it popped into my head a couple months later...

Nate is at the computer and a speech bubble appears above his head saying " DO the CHALLENGE".

NATE (V.O.)

I've always avoided doing push ups. I could barely do a couple, if that. One of my close friends had no trouble doing push ups. He'd tell me, 100 before bed, 100 after waking up and 100 whenever I felt like it. He also made them look incredibly easy. Maybe that's why I was always so reluctant to ever do them.

Nate waves his hands making the memory of his friend fade away.

NATE (V.O.)

The challenge starts with just doing as many push ups as you can. I did 16. And that was pushing it. Probably the most I did all year, maybe in a few years, maybe my entire life. My arms felt like they were going to fall off.

Nate's arms fall onto the ground.

NATE (V.O.)

So after a day of rest the real training begins. Multiple sets ranging from 10-15 in a row with a minute break in-between. I somehow did it even though near the end it was a little tough.

Nate is huffing and puffing on the ground.

NATE (V.O.)

My arms have never been so sore. It was horrible yet satisfying. But mostly horrible. And just as I feel like I am recovered BAM. Day 2. I went from being normal sore to super sore. But the soreness didn't stop me. It actually convinced me that I was doing something right!

Montage of Nate doing push ups.

NATE (V.O.)

It goes like this for a few weeks. A never ending sore-athon.

(MORE)

NATE (V.O.) (CONT'D)

But improvements are happening. I'm adding a few push ups a week. Being able to do 16 push ups and calling it a day is a thing of the past. By this point it has become a part of my schedule.

INT. NATES ROOM - NIGHT

NATE (V.O.)

Every other day I'd do the push ups. Slowly I started doing them at night before bed. Some days I'd forget to do my push ups and just as I was about to go to sleep I was reminded.

ARNOLD

Gah, you forgot to do your push ups! Get up ! Do it now! Get down!

EXT. BLANK SPACE

NATE (V.O.)

It was like this for months. My body felt really strong. So I took an extra rest day so my arms were the best they could be because It was time for me to do 100 push ups in a row.

Nate's biceps have smiles on them. They give him the thumbs up. He starts doing push ups. Numbers appear on screen as he says them.

NATE (V.O.)
I do the first 10, easy. But that's
just the beginning. 20, 30, 40. 50.
Halfway there! I 60 70. Still full
of energy! 80! 90! 10 more to go!
I made it to 95. When Oh, I felt
it.

Nate's narration gets more animated.

NATE (V.O.)
Just 5 more. But I couldn't breath.
My arms felt like they were they
were being torn apart from the
inside. Only 5 more. I ignored the
pain. 96 My body is telling me to
give up. No! I've come so far!
Arrrrrgggghhh. 97. 98.
(breath)
99. Just one more. Come on. 99. 1
more. 1 more. GRRRRRRRRRR!!!!!!

Nate slowly does the 100th push up and collapses.

NATE (V.O.)
I did it, I did 100 push ups. I
can't believe I did 100 push ups.
All my training finally paid off.

Nate stands confidently.

NATE (V.O.)
Well, now that I've completed the
challenge, what's left to do?

He looks around confused.

NATE (V.O.)
I'm looking at you 200!