**Last Set**

**Theme:** External Appearance, Self-Esteem

**The Players:**

Vince (an avid fitness buff)

Scott (a less enthusiastic friend)

**The Setting:** A Fitness Gym

**The Point:**

Sometimes working out is just working out, but sometimes it becomes more. When we try to create external ways to feel good about ourselves our efforts are not only futile, but they can damage our relationships. When it comes to emotional stability any substitute will fall short of the real thing.

*(Vince and Scott are in workout gear and we join them on a break between equipment. Each has a water bottle and are slightly winded.)*

**Vince:** *(finishing a drink from his water bottle)* Okay, last set.

**Scott:** *(abruptly stopping his drink)* What? *(motioning offstage)* I thought *that* was our last set.

**Vince:** Why did you think that?

**Scott:** Oh, I don’t know, because before the set we *just* did you said, last set! And I think that was the third time you said that, so…forgive me if I’m starting to not believe you.

**Vince:** *(chuckling)* I see the confusion. You thought I meant we were finished when I said last set.

**Scott:** I know, it’s funny that I would think last actually means the end of something.

**Vince:** That’s what I meant.

**Scott:** And yet we’re not in the sauna.

**Vince:** It was the last set on that piece of equipment. You didn’t think we were finished did you?

**Scott:** Did you not hear me mention sauna? Do you really workout this hard every day?

**Vince:** No.

**Scott:** Thank God!

**Vince:** Today’s my light workout.

**Scott:** What!?! You’re joking, right?

**Vince:** No. I’m dead serious. I do this easy workout one day then my hard routine the next. Alternate days, you know, mix it up. Won’t get stronger if I slack.

**Scott:** Maybe I should rethink being your workout buddy.

**Vince:** Can’t take it, huh? Don’t you want to feel good about yourself?

**Scott:** Whaddya mean?

**Vince:** I mean this is what I do to feel good about myself. If you’re not gonna work out whaddya do to feel good about yourself?

**Scott:** I feel just fine about myself without doing anything.

**Vince:** *(laughing)* That’s funny. *(pausing)* No, seriously…whaddya do?

**Scott:** Vince, doing stuff like this to feel good about yourself isn’t really gonna work.

**Vince:** Sure it works. *(flexing his biceps)* How can I not feel good about this?

**Scott:** And what happens if you lose *(pointing at his still flexed biceps)* that?

**Vince:** Won’t happen.

**Scott:** Might happen.

**Vince:** I work out every day. Won’t happen.

**Scott:** What if something happens and you can’t workout…

**Vince:** *(cutting him off agitated)* Won’t happen.

**Scott:** Is that the ‘roids kicking in?

**Vince:** Listen if you’re too soft to workout with me just admit it but don’t try to get me to stop.

**Scott:** I’m not trying to get you to stop. I’m just wondering if it’s really healthy to replace something missing on the inside by pumping up your outside.

**Vince:** So maybe I should just sit around and get flabby and feel good about being out of shape.

**Scott:** Equally futile, Vince. You just can’t get over focusing on what’s outside, can you.

**Vince:** *(his mood lightening visibly)* I know what you’re doing! Scotty, Scotty, Scotty.

**Scott:** What?

**Vince:** If you needed a longer break before we tackle the last set all you had to do was say so. You didn’t need to stall with a stupid argument.

**Scott:** You got me! I can’t believe you fell for the old, ‘you should feel good about yourself no matter what’s happening on the outside’ trick.

**Vince:** Really! I can’t believe you roped me in with that one. Ya know what that means, don’t ya?

**Scott:** No, what?

**Vince:** Double reps on the last set. *(Scott turns to exit left)* Hey, the machine’s this way *(indicating stage right)*.

**Scott:** I’m headed to the sauna. I’m feeling as good about myself as I can for one day.

**Vince:** Not me! I need just one…

**Scott and Vince:** *(in unison)* …last set!

*(Scott exits left and Vince right each of them shaking their heads)*