

Adventure Cabaret

Hindu Pushups

[0:20]

Screen: [Om symbol]

Actor enters, begins to do a couple of slow Hindu pushups, facing sideways.

Audio: The Hindu push up is an excellent exercise that involves multiple muscle groups, and also has the advantage of increasing the flexibility of the spine. Best of all, you don't have to be a Hindu to do them!

Screen: Real live non-Hindu below. [down arrow]

Actor waves to the audience and smiles, then exits.

#

Jewish Pushups

[0:22]

Screen: [star of David]

Audio: Jewish pushups are just like regular pushups, but you do them while kvetching vigorously.

Actor enters, wearing a yarmulke, and begins to do pushups while kvetching.

Audio: Kvetching helps build stamina for your lungs, which in turn helps in long and senseless disputes over nothing at all.

Actor finishes the pushups, but continues kvetching as he exits. Just as he is about to exit he turns, and flashes the "peace" sign.

Actor: Shalom, man!

Christian Pushups

[0:28]

An actor enters, and begins to do pushups.

Screen: [Christian cross]

Announcer: Christian pushups are special, because they are all about suffering. You just haven't really suffered until you've done as many Christian pushups as you possibly can.

The actor does as many pushups as he can, struggling to complete one more pushup. Just as he finishes that one last painful pushup he yells "Jesus Christ!" and quits, then stands. He exits, shaking out his arms.

Actor: Great workout!

#

Christian Pushups

[0:28]

An actor enters, and begins to do pushups.

Screen: [Christian cross]

Announcer: Christian pushups are special, because they are all about suffering. You just haven't really suffered until you've done as many Christian pushups as you possibly can.

The actor does as many pushups as he can, struggling to complete one more pushup. Just as he finishes that one last painful pushup he yells "Jesus Christ!" and quits, then stands. He exits, shaking out his arms.

Actor: Great workout!

#

Muslim Pushups

[0:25]

The entire cast enters, in pairs, each pair discussing and pointing to a small map. They begin doing pushups, but all facing in different directions.

Audio: The Muslim pushup is just a regular pushup, but done while facing Mecca. There is often some argument as to exactly which direction faces Mecca, but there is no argument that if all Muslims did ten pushups five times per day, they would be in better shape than people of other religions.

#

Deeply Committed Agnostic Pushups

[0:30]

The entire cast enters uncertainly, and occasionally bends down to begin to assume the pushup position, but then stands back up again, unable to decide whether to actually do a pushup. They ponder, rub their chins, then almost do a pushup, then stand back up again to to consider anew the choice of whether to do a pushup.

Audio: Deeply committed agnostic pushups are among the most difficult types of pushup to perform, because you can never decide whether to actually do one or not. But all that bending down thinking about whether to actually do a pushup is still good exercise, and at least you're being honest.

The cast exits, rubbing their chins and shaking their heads indecisively.

#

Pushups

[0:50]

Screen: [the cosmos]

The entire cast enters, and begins doing Pantheist pushups, which are like a burpee in slow motion with a pushup in which you kiss the Earth, then stand up and give thanks to the Universe, raising your arms above your head.

Audio: The Pantheist pushup is a modified pushup in which you kiss the Earth, then stand and give thanks for everything the Universe has given you. The Pantheist pushup is by far the best kind of pushup because it involves not only several major muscle groups, but the entire Universe.

In the course of doing Pantheist pushups however, there is one thing you must never, ever do, and that is to begin singing "Kumbaya."

The cast begins singing.

Cast: Kumbaya, my Lord, kumbay...yuck! Fuck! That song sucks!

Actor: Because...it's not about anything.

Actor: It's meaningless drivel.

Cast: We need songs that are truly meaningful! We'll have to *write them ourselves!*