

**AVATAR FITNESS
SCRIPT-1
JUMP EXERCISE**

**(INTRO MUSIC)
(BACKGROUND MUSIC)
(FRONT VIEW)**

Dan - (excited) Hey kids, I'm Tom Shockey and welcome to Avatar Fitness, where our focus is to get your avatar in the best shape it can be.

(CHANGE TO SIDE VIEW)

Dan - (focused) My goal to get your character as lean and mean as possible. (excited) Just think of all those hours you can spend playing and watching them kick some serious butt! I hope you're as excited as I am right now, let's do this!!!

(SLOW PAN TO COUCH WITH FAST FOOD)

Dan - Now before we get started there are two important steps to get your avatar ready for the exercises in this video.

**(SHOT OF DAN IN BOTTOM RIGHT OF THE FRAME)
(ANIMATED LIST)**

STEP 1: A NICE COMFORTABLE COUCH

Dan - After all, you're gonna be here a while.

STEP 2: FAST FOOD

Dan - Its quick, easy and cheap!
I have bought a Wendy's kids meal with all my favorite foods, each one is packed with calorpower points which will fuel you during these excercises:

(ANIMATED TEXT)

(SHOT BURGER) -CHEESEBURGERS!!! 430 CALORPOWER POINTS!

(SHOT FRIES) - FRENCH FRIES!!! 340 CALORPOWER POINTS!

(SHOT SHAKE) - FROSTY DRINKS!!! 320 CALORPOWER POINTS!

(FRONT VIEW FROM FLOOR LOOKING UP)

Dan -(casually while stretching fingers) you know they have salads too? But who goes to Wendy's for that? Well anyways let get started...

(BEHIND AND ABOVE VIEW)

(START HIPHOP DANCE SONG)

Dan - so the first exercise we are going to start with is the jump, for this we just repeatedly hit the B button on your controller. Ready let's go...

(MUSIC)

(Improvisational Banter)

(SWITCHING VIEWS WITH FADE)

Dan - Don't forget to eat along with this activity
(talking with mouth full)

(Small view of screen in top right corner of game character jumping)

(Bottom animated alpha animation of a time meter for the exercise)

(once the exercise is done)

(BACK TO FRONT VIEW FROM TV)

Dan - Wow can you feel that in your fingers, imagine how your character feels, probably pretty tired right?
they can just keep going, you just have to keep playing.

(CHANGE TO DAN IN TOP RIGHT WITH METER IN BOTTOM LEFT)

Dan - And I haven't lost any of my calorpower points, that's great!
(GRAPHIC) power points used in this exercise = 0(GRAPHIC)

(PAN OUT FROM FRONT)

Dan - Well that's enough for now, this is Tom Shockey for Avatar Fitness reminding you the game doesn't end if you keep playing. Until next time...