

THE NEXT DAY



SQUATS ARE AN EXCELLENT EXERCISE FOR STRENGTHENING AND SHAPING THE GLUTES. HAVE YOU DONE SQUATS BEFORE?

I HAVE, BUT I'M NOT SURE IF I'M DOING THEM CORRECTLY. AND I'M NOT SEEING THE RESULTS I WANT.

OKAY, I'M READY.

OKAY, I THINK IT'S ENOUGH FOR A QUICK WARM-UP, THEN WE'LL MOVE ON TO THE SQUAT TRAINING.

NO WORRIES, WE CAN WORK ON THAT. OKAY, LET'S START WITH SOME BODYWEIGHT SQUATS TO FOCUS ON YOUR FORM. I'LL SHOW YOU PROPER FORM AND WE'LL START WITH A SET OF 10 REPS.



OKAY, GOT IT. LIKE THIS, RIGHT?
HOW LOW SHOULD I GO?

FIRST, LET'S MAKE SURE YOU HAVE THE PROPER FORM. STAND WITH YOUR FEET SHOULDER-WIDTH APART, TOES POINTING FORWARD, AND YOUR CHEST UP. THEN, PUSH YOUR HIPS BACK AND BEND YOUR KNEES, LIKE YOU'RE SITTING IN A CHAIR. KEEP YOUR WEIGHT ON YOUR HEELS AND MAKE SURE YOUR KNEES DON'T GO PAST YOUR TOES.

TRY TO SQUAT DOWN UNTIL YOUR THIGHS ARE PARALLEL TO THE GROUND, OR AS LOW AS YOU CAN GO WITHOUT COMPROMISING YOUR FORM.

ALRIGHT, LET ME TRY.

10 MINUTES LATER

I FEEL LIKE I'VE BEEN EXERCISING FOREVER. HOW MUCH LONGER DO WE HAVE TO GO?

YEAH, MY MUSCLES ARE REALLY STARTING TO ACHE. I DON'T KNOW IF I CAN MAKE IT THROUGH ANOTHER 20 MINUTES.

WE'VE BEEN EXERCISING FOR ONLY ABOUT 10 MINUTES, AND WE HAVE ANOTHER 20 MINUTES LEFT IN THE WORKOUT.

C'MON! WHERE IS YOUR SPIRIT?



30 MINUTES LATER

PHEW, THAT WAS A TOUGH WORKOUT. I'M EXHAUSTED.

AND HOW ARE YOU FEELING?

IT WAS CHALLENGING, BUT I ENJOYED IT.

YOU DID GREAT! BUT YOU SHOULD DO THIS EXERCISE REGULARLY IF YOU WANT TO HAVE A FASTER RESULT.

THANKS FOR THE ADVICE, MAN.



I KNOW, RIGHT? IT FEELS LIKE IT JUST HAPPENED OVERNIGHT! I DIDN'T REALLY DECIDE TO GROW IT OUT, IT JUST STARTED GROWING AND I DIDN'T WANT TO CUT IT. AND NOW, HERE WE ARE.

I DON'T KNOW, I'VE ALWAYS HAD SHORT HAIR AND I'M NOT SURE IF I COULD PULL OFF A LONGER HAIRSTYLE.

OKAY, I'M STARTING TO GET EXCITED ABOUT THE IDEA. WE'LL SEE THOUGH.

ANYWAY, I JUST NOTICE THAT YOUR HAIR GOT SO LONG! WHEN DID YOU DECIDE TO GROW IT OUT?

HAVE YOU EVER THOUGHT ABOUT GROWING YOUR HAIR OUT? I THINK YOU'D LOOK GREAT WITH LONGER HAIR.

TRUST ME, I THINK YOU COULD ROCK IT. PLUS, IF WANT TO DRESS UP AS ANDREA, YOU DON'T HAVE TO WEAR A WIG, RIGHT?

BESIDES YOU CAN DO MANY COOL HAIRSTYLES WITH LONGER HAIR. YOU COULD CURL IT, WEAR IT STRAIGHT, OR EVEN PUT IT IN A MESSY BUN.

PUGAZI

35 LB

3 WEEKS LATER

OH MY GOSH!
LOOK AT THOSE BOOTY!

HE BECOMES MORE
AND MORE FEMININE AS TIME GOES BY.



ANYWAY, HAVE YOU NOTICED THAT YOUR ASS HAVE GOTTEN BIGGER?

YEAH, IT IS VERY OBVIOUS WHEN I LOOKING AT YOU FROM BEHIND.

YOU THINK SO?





THAT'S REALLY GOOD TO HEAR!
I'VE BEEN WORKING HARD ON BUILDING UP MY LOWER
BODY AND IT'S FINALLY PAYING OFF.

YEAH, I SEE THAT!
YOUR NEW HIPS REALLY ACCENTUATE YOUR CURVES
AND ALSO...

YOUR BODY IS SO PETITE NOW,
IT SEEMS LIKE YOUR DIET IS REALLY
PAYING OFF TOO.

THANK YOU SO MUCH!
IT FEELS GREAT TO HAVE ACHIEVED THIS GOAL
AND TO RECEIVE SUCH POSITIVE FEEDBACK
FROM YOU.

YEAH, BUT...
JUST SO YOU KNOW, I'M NOT GOING
TO LOSE FROM YOU.

HAVE YOU SEEN
HOW BIG MY MUSCLES IS LATELY?

HUH WHAT?
I KNOW YOU ARE JEALOUS OF MY MUSCLES,
JUST SAY IT ALREADY.

OKAY.. HERE WE GO AGAIN..





BUT SPEAKING OF STAYING IN SHAPE, HAVE YOU SEEN THE LATEST SERVICES DEMAND FOR OUR COMPANY? WE'VE BEEN DOING REALLY WELL LATELY.

YEAH, I KNOW. I'VE BEEN WORKING ON A FEW NEW MARKETING STRATEGIES THAT I THINK COULD REALLY HELP BOOSTOUR NUMBERS EVEN MORE.

REALLY? I'D LOVE TO HEAR MORE ABOUT THAT. MAYBE WE COULD GRAB A COFFEE AFTER THIS AND GO OVER THE DETAILS?

SURE, THAT SOUNDS LIKE A GOOD IDEA.

GIGGLES
OH.. JUST SHUT UP YOU MORON!

3 MONTHS LATER

UGH, I CAN'T BELIEVE RYAN IS LATE AGAIN.

BUT HE SAID HE WOULD BE HERE 30 MINUTES AGO.

MAYBE HE GOT STUCK IN TRAFFIC OR SOMETHING.

BY THE TIME HE ARRIVED HERE, I'M ALREADY FINISHED WITH MY EXERCISE.



GOD! WHY IS THIS
5 KILOS BARBELL FEEL SO HEAVY?

I KNEW THAT I'VE BEEN GETTING
THINNER AND LIGHTER, BUT DO I REALLY
BECOME THIS THIN?

I'VE BEEN LOSING WEIGHT,
BUT I FEEL LIKE I'M LOSING MUSCLE TOO.



WHAT THE!?
DID HE JUST CALL ME MISS?

DID HE JUST MISSPRONOUNCE IT
OR I'M THE ONE WHO LOOK LIKE A WOMAN?

EITHER WAY, IT WOULD BE AWKWARD
IF I ANSWER IT WITH MY MALE VOICE. MAYBE I SHOULD
ACT LIKE A WOMAN, SO HE WON'T THINK OF ME
AS A PERVERT OR SOMETHING.

UHM HEY! YEAH, I'VE BEEN
WORKING OUT HERE FOR ALMOST 4 MONTHS NOW.

HEY MISS, I NOTICED YOU'VE
BEEN WORKING OUT HERE FOR A WHILE.



A man with short brown hair and a goatee, wearing a blue ribbed tank top and black shorts, stands in a gym. He is gesturing with his right hand. The gym has brick walls, a wooden floor, and various equipment like a punching bag and a bag labeled 'FUGAZI'. There are three speech bubbles containing text.

SO, HOW'S YOUR WORKOUT GOING?

IT'S GOING PRETTY WELL, THANKS.
HOW ABOUT YOURS?

YEAH, IT CAN BE TOUGH TO
GET BACK INTO A ROUTINE AFTER A BREAK.
BUT IT'S GOOD THAT YOU'RE TAKING
THE FIRST STEP.

NOT TOO BAD, I'M JUST TRYING TO
GET BACK INTO THE SWING OF THINGS
AFTER TAKING SOME TIME OFF.

YEAH, I'M TRYING TO BE
CONSISTENT AND PUSH MYSELF
A LITTLE HARDER EACH TIME.

OH GOD!
HE STARTED FLIRTING AT ME.

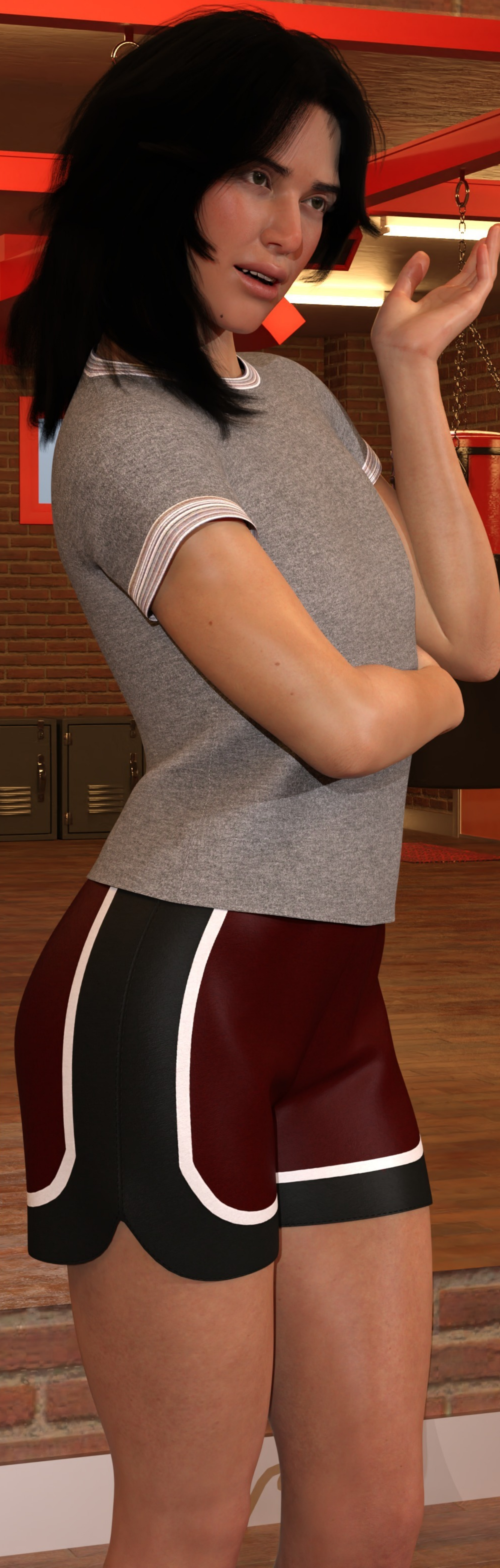
THANK YOU FOR THE COMPLIMENT,
BUT I'M NOT INTERESTED IN BEING BOUGHT A DRINK.
I APPRECIATE THE OFFER THOUGH.

I NEED TO FIND
A REASON NOT TO OFFEND HIM.

ANYWAY, IT'S ALREADY LATE
AND A BEAUTY LIKE YOU ISN'T SUPPOSED TO
COME IN HERE ALONE.

HOW ABOUT WE GRAB SOME
DRINK AND MAYBE I COULD DRIVE
YOU HOME AFTER THAT?

OH, COME ON NOW.
DON'T BE SO UPTIGHT. LET ME SHOW YOU
A GOOD TIME.



I'M SORRY, BUT I'M NOT INTERESTED.
I HOPE YOU CAN RESPECT MY BOUNDARIES AND
UNDERSTAND THAT I'M NOT LOOKING FOR ANYTHING
MORE THAN A FRIENDLY CONVERSATION.

AND ALSO I ALREADY
HAD A BOYFRIEND...

HEY! SORRY I'M LATE.

GREAT!
RYAN ARRIVED JUST IN TIME.



HEY BABE, WHO'S THIS?

HEY MAN, I WAS JUST BEING FRIENDLY WITH YOUR GIRL HERE. NO HARM INTENDED.

I APPRECIATE THE FRIENDLINESS, BUT I'M NOT COMFORTABLE WITH YOU HITTING ON MY GIRLFRIEND.

HEY, MY BAD. I DIDN'T KNOW SHE HAD A BOYFRIEND.

SORRY AGAIN, MAN. I DIDN'T MEAN TO CAUSE ANY TROUBLE. I'M LEAVING YOU GUYS ALONE.

OH, THIS IS JUST SOMEONE WHO WAS CHATTING WITH ME WHILE I WAS WAITING FOR YOU.

BABE, IT'S OKAY, IT'S NOT A BIG DEAL.



NO PROBLEM AT ALL. THAT'S WHAT FRIENDS ARE FOR. I COULD SEE HE WAS MAKING YOU UNCOMFORTABLE, SO I HAD TO STEP IN.

I KNEW IT, MAYBE I MISSED MY TRUE CALLING AS A HOLLYWOOD ACTOR.

GOD! YOU JUST ARRIVED AT THE RIGHT MOMENT. IF NOT THEN I DIDN'T KNOW WHAT TO DO.

THANKS, MAN. THAT GUY WAS REALLY STARTING TO MAKE ME UNCOMFORTABLE.

LAUGH YOU WERE REALLY CONVINCING.



HEY, YOU NEVER KNOW.
MAYBE THIS IS MY HIDDEN TALENT THAT YOU
HAVEN'T SEEN YET.

WELL, IF I EVER MAKE IT BIG IN
HOLLYWOOD, I'LL BE SURE TO THANK YOU
IN MY ACCEPTANCE SPEECH.

LAUGH
I'M KIDDING. YOU WOULDN'T
SURVIVE RUNNING THIS COMPANY
WITHOUT ME, YOU KNOW THAT.

BESIDES, I CAN'T
BEAR TO LEAVE OUR BEAUTIFUL CEO.
GIGGLES

OH FUCK YOU!

HAHA, VERY FUNNY.
SO, WHY DON'T YOU QUIT YOUR JOB AND STARTED
AUDITIONING FOR HOLLYWOOD YET?

OKAY, FINE.
IF THAT'S WHAT YOU WANT, THEN
SUBMIT YOUR RESIGNATION LETTER
THEN I WILL BE HAPPY TO SIGN IT
FOR YOU.



BUT SERIOUSLY, ANDREW...

THAT GUY WAS MISTOOK YOU FOR A CHICK, HAS ANYONE EVER TOLD YOU THAT YOU LOOK SO MUCH LIKE A WOMEN NOW?

NO, NOT AT ALL. HAVE YOU CONSIDER TO EMBRACE YOUR FEMININE SIDE? IT CAN BE REALLY EMPOWERING.

PLUS IT'S A GOOD THING FOR ANDREA, RIGHT?

WHAT??

I NEVER REALLY THOUGHT ABOUT IT. BUT I GUESS IT'S NOT A BAD THING, RIGHT?

WHAT DO YOU MEAN BY THAT?





I MEAN...
DOING A MAKEOVER TO
LOOK EXTRA PRETTY.

THAT'S OKAY! BETTY CAN SHOW YOU
SOME TIPS AND TRICKS TO MAKE IT EASY.
AND SHE CAN STYLE YOUR HAIR TOO.

WE DON'T HAVE TO DO ANYTHING TOO
DRAMATIC. JUST SOME SIMPLE CHANGES CAN MAKE
A BIG DIFFERENCE. PLUS, IT COULD BE A FUN WAY
TO SPEND YOUR WEEKEND TOMMOROW.

IT'S NECESSARY FOR ANDREA,
YOU DO UNDERSTAND ABOUT THIS,
RIGHT?

IF YOU ARE READY,
I WILL ASK BETTY TO HELP YOU
TOMMOROW.

OH, I DON'T KNOW.
I'M NOT REALLY GOOD AT DOING
MY MAKEUP OR ANYTHING.

HMM, I DON'T KNOW IF
I'M READY FOR A DRASTIC CHANGE.

IS IT REALLY NECESSARY FOR THAT?

SIGH
OKAY FINE, I GUESS I'M CONVINCED.