

Trainer (Tenor) also Bride and Q & A Expert (Soprano)
Groom (Baritone)
Keyboard

Positions 1956 Part 2

Physique

Music by Conrad Cummings

version 3/14/2012

Libretto by Michael Korie

$\text{♩} = 252, \text{♩} = 84$

Q & A expert/ Birde (Soprano)

Trainer (Tenor)

Groom (Baritone)

$\text{♩} = 252, \text{♩} = 84$

2 3

Keyboard *pp* Dual Clavi

4

4

Kbd. *pp*

3 4 *simile*

10 2 3 4

The musical score is written for Soprano, Tenor, Baritone, and Keyboard. The tempo is marked as $\text{♩} = 252, \text{♩} = 84$. The key signature has one sharp (F#). The score is divided into four systems. The first system shows the vocal parts (Soprano, Tenor, Baritone) and the Keyboard. The Keyboard part is marked *pp* and *Dual Clavi*. The second system continues the Keyboard part with a *pp* marking. The third system includes a *simile* marking. The fourth system continues the Keyboard part. The score includes various musical notations such as triplets, sixteenth notes, and dynamic markings.

Kbd.

14 2 3 4

17 2 3

20 4 2

23 3 4 *poco a poco cresc*

26 2 2

29 2

32 **2**

Kbd.

ff

37 **free time**

Tr. (Trn.)

f

To - day is an age of cold im - pli - cit vio - lence. The

free time

Rich Piano

Kbd.

ff $\rightarrow$ *p*

39

Tr. (Trn.)

loom-ing mush-room cloud Of all-en gulf-ing sil-ence. The te - le - vi-sion set An-

Kbd.

42

Tr. (Trn.)

f

aes-the-tiz-ing ac-tion. The Vis-ta-Vi-sion flick Of numb-ing stu-pe-fac-tion.

fast

Kbd.

f $\rightarrow$ *p*

44 *p*

Tr. (Trn.)

Am-er-i-ca is rich With in-dus-try's mach-ines, Butweak in mor-al fib-er.

Kbd.

48 *f* = 54

Tr. (Trn.)

Like yes - ter-day's Mar-ines At bar-be - cues, All guzz-ling

Kbd.

fast *p*

f = 54

49A *poco allargando* 50 *accel*

Tr. (Trn.)

beer and bla-ber-ing a-bout sports, Their flab-by but tocks_ burst-ing outtheir plaid Ber mu-da

Kbd.

poco allargando *f* *accel*

51 $\text{♩} = 96$ **In tempo** $\text{♩} = 138$

Tr. (Trn.)

8 shorts!

Kbd.

55 $\text{♩} = 96$ **In tempo** $\text{♩} = 138$

Tr. (Trn.)

8 *f*

Kbd.

59 $\text{♩} = 96$

Tr. (Trn.)

8 pol - lo! Young A - do - nis! Let a new age of brawn Dawn up - on us!

Kbd.

63 $\text{♩} = 96$ *mf*

Tr. (Trn.)

8 A vi - rile age that re - sur-rects An -

Kbd.

mf

66

Tr. (Trn.)

ti - qui - ty's i - deal! The le - gions of cen - tu - ri - ons With bo - dies forged of steel, Each a

Kbd.

69

Tr. (Trn.)

God, with a nod to the Greek! Let to - day be the Age of Phy -

Kbd.

72

Tr. (Trn.)

f sique! Let to - day be the Age of Phy sique! Let to -

Kbd.

f

75

Tr. (Trn.)

day be the Age of Phy - sique! _____

Kbd.

77 *p*

Tr. (Trn.)

Kbd.

"To-

81

Tr. (Trn.)

Kbd.

day's lost young men Join gangs to smoke and loi - ter. They park in cars with tramps With

84

Tr. (Trn.)

Kbd.

whom they re - con - noi - ter. Teen Cir - ces with red lips, They see men as their tick - et. Their

87 *pp*

Tr. (Trn.)

Kbd.

drug of choice is sex, And how few men can kick it! The e - ne - my with - in Per -

90

Tr. (Trn.)

8

vades our man - ly ways; The Go - vern - ment, the ar - my; Our schools and P T A's. Guys

Kbd.

93

Tr. (Trn.)

8

eat their T V din - ners And em - brace the sta - tu - quo. We need a breed of Su - per - men To

Kbd.

meno mosso

$\text{♩} = 88$

96

Tr. (Trn.)

8

rise and face the foe!"

pp

Young A

Kbd.

meno mosso

$\text{♩} = 88$

ww. Vln.

pp

101

Tr. (Trn.)

8

don - is! Young A - pol - lo! An - cient Greece is a good Goal to fol - low! Look

Kbd.

p

Tr. (Trn.) **105** **piu mosso** **♩ = 100**

back u - pon Dis - co - bo - lus, A - pol - lo Bel - ve - dere! A -

Kbd. **piu mosso** **♩ = 100** ***p***

Tr. (Trn.) **107** **piu mosso** **♩ = 120**

pox - y - men - os, Her - cu - les, and re - cre - ate them *here*, In the

Kbd. **piu mosso** **♩ = 120**

Tr. (Trn.) **109**

gym, ev - ery limb at its peak! Let to - day be the Age of Phy

Kbd. **WW. Vln.**

112 *f* **Tr.**
(Trn.) *8* **piu mosso**
♩ = 138

sique! Let to - day be the Age of Phy - sique

Kbd.

piu mosso
♩ = 138

115 **Tr.**
(Trn.) *8*

Kbd.

117 **Tr.**
(Trn.) *8* (b)

Phy - sique!

Kbd.

119 $\text{♩} = 96$

Gr.

Kbd.

Marimba

p

2/4

122 p

Gr.

"Why get pushed a - round? Why get pushed a - round?"

Kbd.

p

sim.

sim.

124

Gr.

Why get pushed a- round? When you pass a tough guy Do you look downat the ground?

Kbd.

127

Gr. 

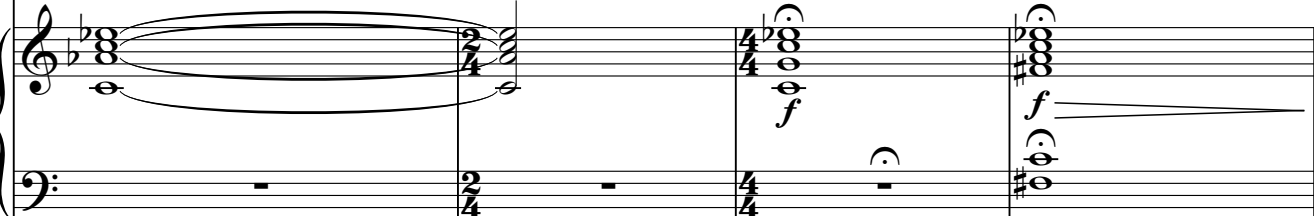
Could you stand to gain some weight Or drop an ex - tra pound?

Kbd. 

130

Gr. 

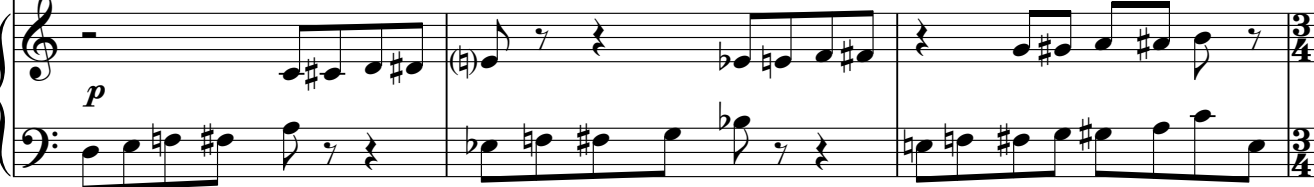
Why get pushed a - round? Ask your-self why?" Why?

Kbd. 

134

Gr. 

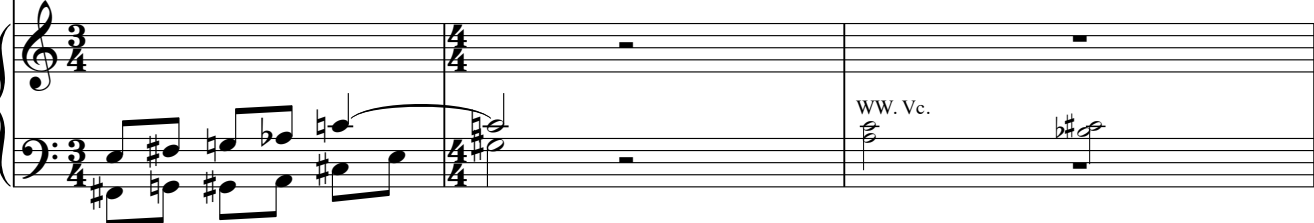
"Is you in-come low? Work-ad-vance-ment slow? Doyou have a dead-end job With

Kbd. 

137

Gr. 

lit - tle room to grow? Have the signs of mar - i - tal Dis-cord be - gun to

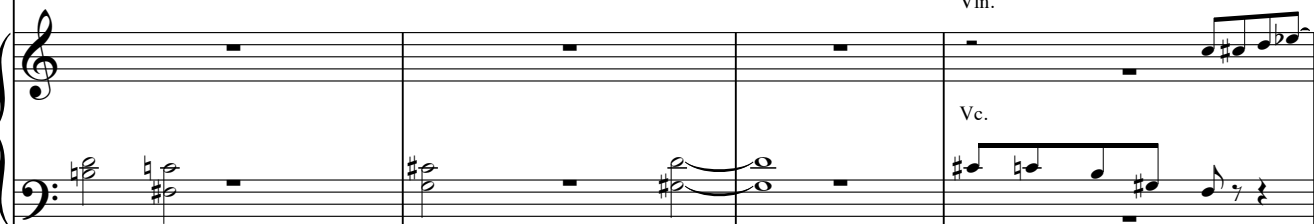
Kbd. 

WW. Vc.

140

Gr. 

show? Are things "touch and go" More than you know?" Uh- oh...!"Why get pushed a- round?

Kbd. 

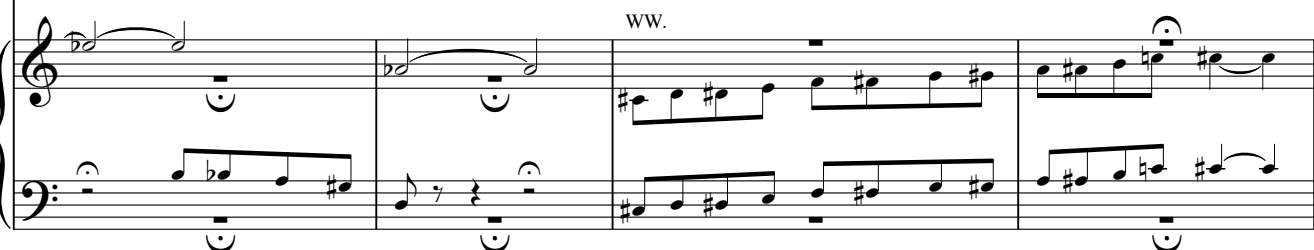
Vln.

Vc.

144

Gr. 

New re-search has found I - so-met-ric train-ing Builds a bod-y to as-tound.

Kbd. 

ww.

148 *p*

Gr. Time you said "E- nough" To the lo - cal tough, Guys who call you "Tooth - pick,"

(Marimba)
ww.

Kbd. *p*

151 *f* *p*

Gr. "Fat - so," "Don - key - Butt" and stuff." "Don - key - Butt"...?

Kbd. *f*

153 ww. *p*

Kbd.

155 *cresc*

Kbd.

158

Kbd.

3/4

subito presto
♩ = 152 *f*

161

Tr.
(Trn.)

8

Build a new phy-sique, Like an an-cient

subito presto
♩ = 152 *f*

Kbd.

3/4

164

Tr.
(Trn.)

8

Greek! Leave the louts who heck-led you Too thun-der-struck

Kbd.

3/4

168 *f*

Tr. (Trn.) 8 to speak! Find your in - ner force,

Gr. *f* "Don - key- Butt"? "Tooth - pick"?

Kbd. *f*

173

Tr. (Trn.) 8 Mas - cu - line re - source, Through the core po - si - tions Of a

Gr. "Broom - stick?"

Kbd.

178

Tr. (Trn.) 8 mil - i - tar - y fit - ness - train - ing course!

Gr. A mil - i - tar - y fit - ness - train - ing course. . . ?

Kbd. *attacca*

184 $\text{♩} = 104$
mf

Tr.
(Trn.)

From this... to this, From this...

Kbd.

Vc.

189

Tr.
(Trn.)

to this, From this... to this,

Kbd.

194

Tr.
(Trn.)

In thir-ty-five days!

Gr.

f
Fom this...

Kbd.

ww.

198

Tr. (Trn.) *f*

In thir - ty - five days, Due to

Gr.

To *this?*

Kbd.

meno mosso
♩ = 84

202 *f*

Tr. (Trn.)

mus-cle pow-er! Mus-cle pow-er! Pow-er to a-chieve A

Gr.

f

"Mus - cle pow - er"?

Mus-cle pow-er!

meno mosso
♩ = 84

Vln.

(Marimba)

Kbd.

Vc.

205

Tr. (Trn.)

8

bod-y to a-maze! From flab... to beef In thir-ty-five days!

Gr.

Be yond... be-lief In

Kbd.

ww.

Vc.

209

Tr. (Trn.)

8

Trust in mus-cle pow-er! Mus-cle-pow-er!

Gr.

thir-ty-five days. Mus-cle pow-er. Mus-cle pow-er!

Kbd.

poco meno mosso
♩ = 76

212

Tr. (Trn.)

8

Pow-er to re-learn Your lax and laz-y ways! Gain self-con-fi-dence, Res-pect!

Gr.

poco meno mosso
♩ = 76

A bright-er

Kbd.

215

Tr. (Trn.)

Gr.

Kbd.

Newfriends in your Com-mun-i - ty And Church.

out-look on life! Less back-talk from the wife— Or

218

Tr. (Trn.)

Gr.

Kbd.

Mocked be-cause you're thin! Age, re-li-gion, skin! Fit-ness train-ing will re -

girl- friend. be - cause you're thin! Age, rel-li-gion, skin!

ww.

221

Tr. (Trn.)

Gr.

Kbd.

veal The bet - ter you with - in! The bet - ter you with - in! The bet - ter

The bet - ter you with - in! The bet - ter

ww.

(bars 224-233 intentionally omitted)

223 234

Tr. (Trn.)

8 you with in!"Phy-sique Mag-a zine"! Read y? Let's be gin! Let's be gin!

Gr.

you with in! "Mus-cle Pow er"! Let's be - gin! Let's be gin! Let's be

(bars 224-233 intentionally omitted)

Rich Piano

Kbd.

piu mosso
♩ = 116

236

Tr. (Trn.)

8 Let's be- gin! Let's be-, Let's be - gin! In thir ty- five, thir ty- five, thir ty- five, thir ty- five,

Gr.

gin! Let's be- gin! Let's be - gin! In thir ty- five, thir ty- five, thir ty- five, thir ty- five,

piu mosso
♩ = 116

Kbd.

239 **piu mosso**
♩ = 152

Tr. (Trn.)
8 thir - ty - five, thir - ty - five days! From this From this From

Gr.
thir - ty five, thir - ty - five days! From this From this

Kbd.

Detailed description: This block contains the musical notation for measures 239 and 240. The Tenor (Tr.) part is in treble clef with a key signature of one sharp (F#). It features triplet eighth notes in measures 239 and 240. The Groom (Gr.) part is in bass clef, mirroring the Tenor's melody. The Keyboard (Kbd.) part consists of two staves (treble and bass). In measure 239, the right hand has a descending eighth-note line, and the left hand has a similar line. In measure 240, the right hand has a series of eighth notes, and the left hand has a similar line. The tempo is marked 'piu mosso' with a metronome marking of 152.

241

Tr. (Trn.)
8 this From this From this From this to this to this, From

Gr.
From this From this to this From this to this to this, From

Kbd.

Detailed description: This block contains the musical notation for measures 241, 242, and 243. The Tenor (Tr.) part is in treble clef with a key signature of one flat (Bb). It features a mix of eighth and quarter notes. The Groom (Gr.) part is in bass clef, mirroring the Tenor's melody. The Keyboard (Kbd.) part consists of two staves (treble and bass). In measure 241, the right hand has a series of eighth notes, and the left hand has a similar line. In measure 242, the right hand has a series of eighth notes, and the left hand has a similar line. In measure 243, the right hand has a series of eighth notes, and the left hand has a similar line.

244

Tr.
(Trn.)

8

this to this to this, From this to this to this, From this to this to this,

Gr.

this to this to this, From this to this to this, From this to this to this, In

Kbd.

247

Tr.
(Trn.)

8

In thir - ty - five gruel - ing no fool - ing days...!

Gr.

thir - ty - five no - fool - ing Gruel - ing days...!

Kbd.

249 $\text{♩} = 108$ *p*

Tr. (Trn.)

8

Out-of-shape men ti-re eas-i-ly. Their food Is

Vln.

Kbd.

Vc.

255

Tr. (Trn.)

8

not di-ges-ted pro-per-ly. Prone to poor blood They're a-ne-mic.

Kbd.

260

Tr. (Trn.)

8

With low dis-ease re-sis-tance, They of-ten call-in sick.

Kbd.

265 **free time** *p*

Tr. (Trn.)

8

free time

Cor-rec-tion al meas-sures are use-less un-less Some-thing is done to break this chain of

Kbd.

267 $\text{♩} = 76$ *p* *f* *p*

Tr. (Trn.) 8 weak-ness! Ca - - bles of steel Can

Gr. *p* *f* *f* *p*
Ca - - bles of steel Uh! Can

Kbd. Vln. $\text{♩} = 76$
Vc.

270 *f* *p* *f* *p*

Tr. (Trn.) 8 build a might-y chest! A bar - rel chest that

Gr. *f* *f* *f* *p* *f* *f* *p*
build Uh! a might-y chest! Uh! A bar - rel chest Uh! that

Kbd.

273

Tr. (Trn.) *f* *p* *f* *p* *f* *p*

grows and grows To fill___ your clothes com

Gr. *f* *p* *f* *p* *f*

grows and grows Uh! To fill___ Uh! your clothes Uh!

Kbd.

277

Tr. (Trn.) *f* *ppp* *ppp*

plete - ly! No long-er feel, No long-er feel, No long-er feel A

Gr. *p* *f* *ppp* *ppp*

com-plete - ly. No long-er feel, No long-er feel, No long-er feel A

Kbd.

280

Tr. (Trn.)

8

shamed to get un-dressed! In the lock - er rooms no long - er be the scape-goat of a

Gr.

shamed to get un-dressed! In the lock - er rooms no long - er be the scape-goat of a

Kbd.

283

Tr. (Trn.)

8

bul-ly! How's this For mus-cu-lar-i-ty? Wit-ness This strik-ing pose!

Gr.

bul-ly! How's this For mus-cu-lar-i-ty? Wit-ness This strik-ing pose!

Kbd.

pp

pp

ww.

286

Tr. (Trn.)

8

In-crease Your pop - u - lar-i-ty! Build _____ a chest that

Gr.

In-crease Your pop - u - lar-i-ty! Build _____ a chest that

Kbd.

289

Tr. (Trn.)

8

shows_____ Your mus - cles fill your clothes!_____

Gr.

shows_____ Your mus - cles fill your clothes!_____

Kbd.

poco meno mosso
♩ = 66
p

292

Tr. (Trn.)

8

In - - - - crease Your pop - - - - u -

Gr.

p

The ten - sion in_____ these shin - - y springs Trans-forms_ a weight_____

poco meno mosso
♩ = 66
ww.

Kbd.

294

Tr. (Trn.)

lar - i - ty Build a chest that shows

Gr.

con - di - tion To give you raz - or sharp def - in - i - tion!

Kbd.

296

Tr. (Trn.)

Ex - hale! In - hale! Ex - hale! In - hale! With in - creased lung pow - er,

Gr.

Ex - hale! In - hale! Ex - hale! In - hale! Ah! Ah!

Kbd.

299

Tr. (Trn.)

8

You'll start to feel_ those pecs of steel In less than half an hour!

Gr.

gliss. Ah!_____ Ex - hale! In - hale!

Vln.

Kbd.

302

Tr. (Trn.)

8

Cab - les of steel can build_____ Ex-hale!

Gr.

gliss. Ah!_____ Cab-les of steel can build a might-y- chest! Ex - hale!_____

ww.

Kbd.

double time

♩ = 132

305 *f*

Tr. (Trn.)

8

In the lock-er rooms no long-er be the scape-goat of a bul-ly! Ex - hale!

f

Gr.

In the lock-er rooms no long-er be the scape-goat of a bul-ly! Ex - hale!

f

double time

♩ = 132

Rich Piano

Rich Piano

Kbd.

f

Vln.

Vc.

attacca

309 ♩ = 80 *p*

Tr.
(Trn.)

A fact a-bout ab-do-min-als The lay-man may not know -

Kbd.

vc.

The image shows a musical score for two parts: Tr. (Trn.) and Kbd. (vc.). The Tr. (Trn.) part is written in a single staff with a treble clef and a 2/2 time signature. It begins with a whole rest, followed by a half rest, and then a series of eighth notes. The Kbd. (vc.) part is written in a grand staff with a treble and bass clef and a 2/2 time signature. It begins with a whole rest, followed by a half rest, and then a series of eighth notes. The tempo is marked as ♩ = 80. The dynamics are marked as *p* (piano). The lyrics are "A fact a-bout ab-do-min-als The lay-man may not know -".

313

Tr.
(Trn.)

p

That so-called "wash-board tum- my" All the bod-y-build-ers show -

Gr.

f

Twen-ty- five. . Twen-ty- four. . .

ww.

Kbd.

316 *p*

Tr. (Trn.)

Gr.

Kbd.

Those deep ly chisel-ed ridg-es Gre-cian sculp-tors found aes the- tic -

Twen-ty- two... Twen-ty- one...

ww.

319 *p*

Tr. (Trn.)

Gr.

Kbd.

Have life-pro-long-ing ben - e - fits As well as ones ath - let - ic.

Nine - teen... Eigh - teen...

ww.

322 *p*

Tr. (Trn.)

Gr.

Kbd.

Wash-board abs! Wash-board abs! Chis-eled lines of meat in slabs! Wash-board abs! Wash-board abs

Wash-board abs! Wash-board abs! Chis-eled lines of meat in slabs! Wash-board abs! Wash-board abs

325

Tr. (Trn.) *p* *pp*

8 Help de - flect life's jabs! A

Gr. *p* *p*

Help de - flect Twelve... E - lev - en... life's jabs!

Kbd.

328

Tr. (Trn.) *p*

8 heav - y smok - er fel - low Who I per - son - al - ly knew - Had

Gr. *p*

Twelve... E - lev - en...

Kbd. Vln. Vc.

331

Tr. (Trn.) *mf*

8 three - mar - ti - ni lunch - es And his bel - ly showed it, too - A

Gr. *mf*

Nine... Eight...

Kbd.

334

Tr. (Trn.) *f*
rup-ture caused by cough-ing Brought a pint of blood he spit up - He'd

Gr. *f*
Six... Five...

Kbd.

337

Tr. (Trn.) *f*
not have need-ed sur-ger-y If he's have done one sit-up!

Gr. *f*
Three, Two, One,

Kbd.

339

Tr. (Trn.) *f*
Wash-board abs! Wash-board abs! Wash-board abs! Chis-eled

Gr. *f*
done! Wash-board abs! Wash-board abs! Wash-board abs! Chis-eled

Kbd. *f*

342

Tr. (Trn.)

Gr.

Kbd.

lines of meat in chis-eled lines of slabs! Wash-board abs! Wash-board

lines of meat in chis-eled lines of slabs! Wash-board abs! Wash-board

345

Tr. (Trn.)

Gr.

Kbd.

abs! Chis-eled wash-board slabs of meat in chis-eled slabs! Wash-board

abs! Chis-eled wash-board slabs of meat in chis-eled slabs! Wash-board

348

Tr. (Trn.)

Gr.

Kbd.

abs! Wash-board abs Help de - flect_____ life's

abs! Wash-board abs Help de - flect_____ life's

molto pesante
♩ = 80

352

Tr. (Trn.)

8

jabs. Form a tri - an - gle of chairs, Feet on one and

Gr.

jabs. Huh!

molto pesante
♩ = 80

Marimba

Kbd.

attacca

357

Tr. (Trn.)

8

hands on two. — Stretch your bod - y like a board, El - bows in and

Kbd.

361

Tr. (Trn.)

8

not pro - trud - ing. — Push- up. . . those shoul - ders! Work those weak-ly tri- ceps!

Gr.

Push- up. . . those shoul - ders!

Kbd.

musical notation with various dynamics (f, sim.) and articulation (accents, slurs) across the three staves.

364 *sim.*

Tr. (Trn.) 8 *sim.* Push - up... those shoul - ders! Up - per arms and bi - ceps!

Gr. *sim.* Push - up... those shoul - ders! Up - per arms and bi - ceps!

Kbd. *sim.*

366 *sim.*

Tr. (Trn.) 8 *sim.* Men who flex Have bet - ter sex

Gr. *sim.* Push - up... those shoul - ders! Work those weak - ly tri - ceps!

Kbd. *sim.*

368

Tr. (Trn.) 8 Push - up... those shoul - ders Work those weak - ly bi - ceps

Gr. Men who flex Have bet - ter sex

Kbd.

370

Tr. (Trn.)

Gr.

Kbd.

Up-per arms and tri-ceps. Push up Those shoul-ders, Push-up Those shoul-ders, Push-up,

With gran - ite pecs of steel Like boul - ders. Push-up

373

Tr. (Trn.)

Gr.

Kbd.

Push - up, la - tent whoosh up!

Push - up Push - up Feel that pow - er whoosh up! Push - up Push - up Push - up

sim. **even faster**

sim.

Vln.

Vc.

376

Tr. (Trn.)

Gr.

Kbd.

Push - up Push - up Push - up Push - up Push - up Push - up Push - up

Push - up Push - up Push - up Push - up

ww.

Vln.

Vc.

379

Tr. (Trn.)

Gr.

Kbd.

Push-up Push-up Push-up Push-up Push-up Push-up Push-up Push-up

383

Tr. (Trn.)

Gr.

Kbd.

Push up Push up Push up Push up those shoul- ders, Push up those shoul- ders, Push up those shoul- ders, Push up thos shoul- ders,

386

Tr. (Trn.)

Gr.

Kbd.

Push-up those shoul- ders, Push-up those shoul- ders, Push - up! Push-up those shoul- ders, Push-up those shoul- ders, Push - up!

389 $\text{♩} = 108$

Tr. (Trn.) *p*

8 A word a - bout necks: The op - pos - ite sex Is

Kbd. $\text{♩} = 108$

Vc.

394

Tr. (Trn.) 8 keen - ly a - ware if it's scrawn - y.

Kbd. WW.

399 *p*

Gr. Un - cov - ered by clothes, The neck you ex -

Kbd. Violin

406

Gr.

pose — I - deal - ly is sturd - y and brawn - y. ———

Kbd.

Vc.

ww.

411

Tr.
(Trn.)

Gr.

Kbd.

415

Tr.
(Trn.)

Gr.

Kbd.

Vln.

p If your neck is weak, ———

p If your neck is weak, ———

419

Tr. (Trn.)

Gr.

Kbd.

Your feeb - le phy - sique Will show

Your feeb - le phy - sique Will show

Detailed description: This block contains the musical notation for measures 419 through 423. The Tenor (Tr.) and Groom (Gr.) parts are in the top two staves, both with lyrics. The Tenor part has a fermata over the word 'sique'. The Groom part also has a fermata over 'sique'. The Keyboard (Kbd.) part is in the bottom system, with a treble and bass staff. The music is in a key with four flats (B-flat major or D-flat minor) and 8/8 time. The lyrics are 'Your feeb - le phy - sique Will show'.

424

Tr. (Trn.)

Gr.

Kbd.

what's be - low your white col - lar. Don't ev - er a -

what's be - low your white col - lar. Don't ev - er a -

Detailed description: This block contains the musical notation for measures 424 through 428. The Tenor (Tr.) and Groom (Gr.) parts are in the top two staves, both with lyrics. The Tenor part has a fermata over the word 'a'. The Groom part also has a fermata over 'a'. The Keyboard (Kbd.) part is in the bottom system, with a treble and bass staff. The music is in a key with four flats (B-flat major or D-flat minor) and 8/8 time. The lyrics are 'what's be - low your white col - lar. Don't ev - er a -'.

429

Tr. (Trn.)

Gr.

Kbd.

void_ Your Ster - no - mas - toid, And sex will be

void_ Your Ster - no - mas - toid, And sex will be

Detailed description: This block contains the musical notation for measures 429 through 433. The Tenor (Tr.) and Groom (Gr.) parts are in the top two staves, both with lyrics. The Tenor part has a fermata over the word 'toid'. The Groom part also has a fermata over 'toid'. The Keyboard (Kbd.) part is in the bottom system, with a treble and bass staff. The music is in a key with four flats (B-flat major or D-flat minor) and 8/8 time. The lyrics are 'void_ Your Ster - no - mas - toid, And sex will be'.

434

Tr. (Trn.)

8

"X" on the dol - - - lar.

Gr.

"X" on the dol - - - lar.

Kbd.

438

Tr. (Trn.)

8

free time
p

Um, I'm go - ing to the show - er.

in tempo
♩ = 72

free time

Kbd.

Vln.

440

Gr.

free time
p

Phy-sique Mag-a-zine ans-wers vi-tal sex ques-tions.

in tempo
♩ = 72

free time

Kbd.

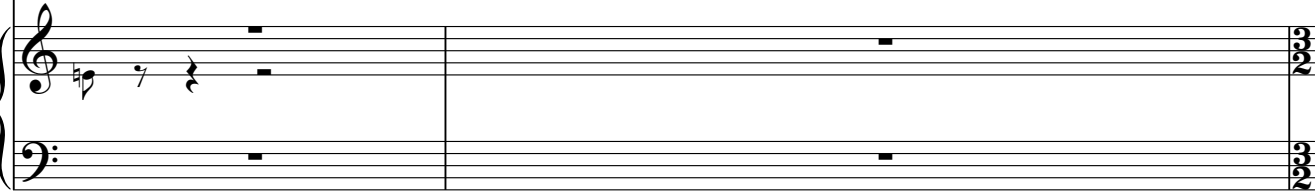
ww.

442 *p* **free time**

Gr. 

Ques- tion: Is it heal- thy for a man to sleep in the nude?

free time

Kbd. 

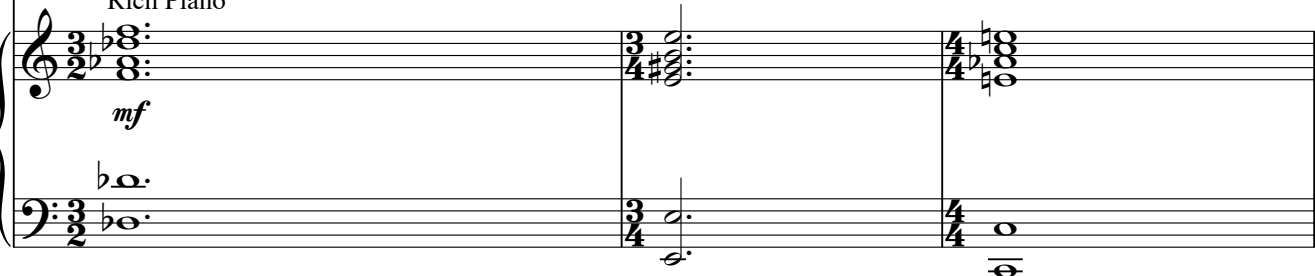
444 **poco piu mosso**
♩ = 80 *mf*

Q & A Expert (Sop.) 

Ans- wer: A man's skin is por- ours. It needs air. _____ It

poco piu mosso
♩ = 80

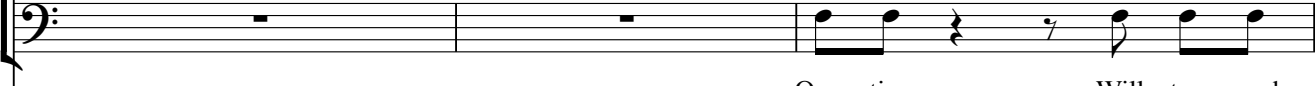
Rich Piano

Kbd. 

447 **poco allargando.** *pp* **a tempo**
♩ = 80

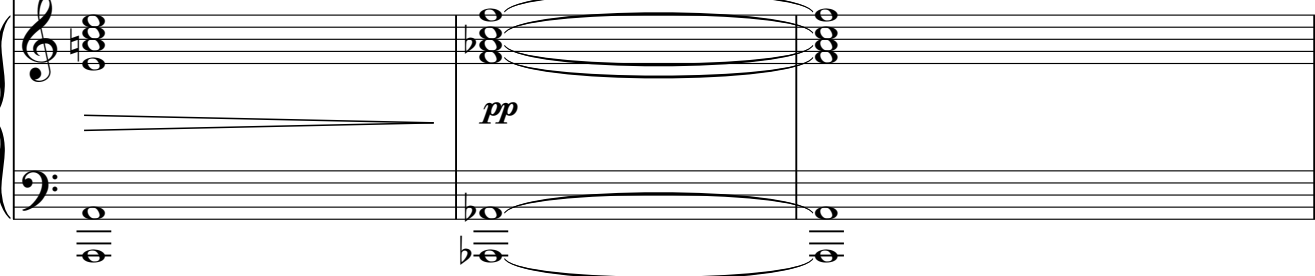
Q & A Expert (Sop.) 

breathes when he sleeps bare.

Gr. 

Ques- tion: Will too much

poco allargando. *pp* **a tempo**
♩ = 80

Kbd. 

450

Q & A Expert (Sop.)

f

Ans - wer:— It may in -

Gr.

ex - er - cise im - pair my sex drive?

Kbd.

f

453

Q & A Expert (Sop.)

crease it. Well de - ve - loped mus - cles Hold al -

Kbd.

455

Q & A Expert (Sop.)

lure to one's wife _____ or girl - friend.

Kbd.

p

457 **free time**

Q & A Expert (Sop.)

Gr. *p*

Ques- tion: My right tes - ti - cle is hang- ing low - er than my left one, late - ly.

Kbd. **free time**

458 **in tempo**
♩ = 104
mf

Q & A Expert (Sop.)

Gr.

Ans- wer: I doubt it great - ly. Last ques- tion.

Is this due to too much ex - er - cise?

Kbd. **in tempo**
♩ = 104
mf

461 **free time**

Q & A Expert (Sop.)

Gr. *p*

Some - times, when I ex - er - cise, I get an e - rec - tion. Why?

Kbd. **free time**
p

in tempo
♩ = 92 *mf*

Q & A Expert (Sop.)

462

Ans - wer: tight gym shorts. Wear a new loos - er short,

in tempo
♩ = 92

Kbd.

Q & A Expert (Sop.)

464

and a tight - er ath - let - ic sup - port - er, the sort with a built - in

Kbd.

Q & A Expert (Sop.)

466

cup.

Gr.

No cup! This is

Kbd.

468

Q & A Expert (Sop.)

mf *p* **piu mosso** ♩ = 138

Fine, Don't wear one. Just don't come

Gr.

ex-er-cize, not soc-cer.

Kbd.

mf *p* **piu mosso** ♩ = 138

471

Q & A Expert (Sop.)

cresc

run - ning to Phy - sique Mag - a - zine If you dis -

Kbd.

cresc

474

Q & A Expert (Sop.)

f

grace your-self in the show-er of the men's lock - er.

Kbd.

f

478

Kbd.

cresc

f

attacca

484 $\text{♩} = 76$

Tr. (Trn.) *mf*

Boy, do_ I feel great! Boy, oh_ boy, do I No-thing like a brac-ing

Gr. *mf*

Pep? Pep!

Kbd.

$\text{♩} = 76$

WW. Vln. WW.

Vc.

489

Tr. (Trn.)

Fol - lowed by a cool And a brisk rub-down

Gr.

work - out. show - er? show - er?

Kbd.

Vln. WW. Vln.

494

Tr. (Trn.)

8

With a rough My bo-dy is a-live and ting-ling Pep!

Gr.

tow-el? My bo-dy is a - live and Pep!

Vln.

ww.

Kbd.

499

Tr. (Trn.)

8

With the en - er-giz-ing feel-ing Pep! Yep. You do, you do seem pep-py

Gr.

With the en - er - giz - ing Pep! Yep. You do seem pep - py.

Vln.

ww.

Kbd.

503

Tr. (Trn.)

8

Yep. Pep! Be-cause I feel I'm feel-ing pep-py. I feel, I feel I could

Gr.

Yep. Pep! You're feel-ing pep-py. You feel you could

Vln.

ww.

Kbd.

507

Tr. (Trn.)

Gr.

Kbd.

hold my own Locked in a cage Of rag - ing pan - thers.

hold your own ww. a cage of rag - ing pan - thers.

cello

510

Tr. (Trn.)

Gr.

Kbd.

Wow. And you'd feel that way, too. Wow!

Wow! How? How?

Vln.

513

Tr. (Trn.)

Gr.

Kbd.

Just the way that I do. Yep. Pep!

Pep! When I learn to work out?

ww. Vln. ww. Vln.

516

Tr. (Trn.)

Gr.

Kbd.

Vln.

Vln.

With bar- bells. Yep, with bar- bells. Bar- bells. Now._____

Yep! Bar- bells? Bar- bells, Do I have to? Bar- bells. Now._____

520

Tr. (Trn.)

Gr.

Kbd.

ww.

Bar- bells, do you have to? Bar- bells. Now._____ Do you have to? Yep!

Bar- bells, do I have to? Bar- bells. Now._____ Do I have to?

attacca

523

Kbd.

$\text{♩} = 120$

f

528

Tr. (Trn.)

8

f

What de - fines the

Kbd.

533

Tr. (Trn.)

8

chis - eled cut Of Weight - lift-ing suc- cess?

Gr.

f

Yes, man, yes, Of

Kbd.

538

Tr. (Trn.)

8

Yes, man, yes: Yes!

Gr.

weight - lif-ting suc - cess? It's the mil - i - tar - y press.

Kbd.

543

Tr. (Trn.) 8 What firms up a flab - y gut Through dint of pure dur -

Gr. Yes! Yes, man, yes, man,

Kbd.

547

Tr. (Trn.) 8 ess? Yes! Yes, man,

Gr. yes! Yes, man,

Kbd. ww. Vc.

552

Tr. (Trn.) 8 yes: It's the mil - i - tar - y press! Grow - ing rep - i -

Gr. yes, It's the mil - i - tar - y press

Kbd.

556

Tr.
(Trn.)

ti - tions

Ex - ca-lat - ing ex - tra sets_ of ten to twenty

Gr.

Grad-u - a - ted steps

Kbd.

562

Tr.
(Trn.)

reps.

How'd I build the glu - te - us Of

Gr.

ten to twent - y reps?

Kbd.

567

Tr.
(Trn.)

gran - ite I pos - sess.____

Gr.

Let me guess. With the mil - i - tar - y

Kbd.

572

Tr.
(Trn.)

8

Yes!

Gr.

press?

Kbd.

Vln.

578

Tr.
(Trn.)

8

Sun - days, and hol - i - days, Do it all day long.

Kbd.

583

Tr.
(Trn.)

8

Sup - ple-ment with nut - ri-ments to build your vi - gor up for ri - gor!

Gr.

I hate this- I hate this-

Kbd.

587

Tr. (Trn.) 8 What shows off a man's phy - sique Be - neath his busi - ness

Gr. I hate this- I hate

Kbd.

590

Tr. (Trn.) 8 dress? I pro - fess- Yes, man,

Gr. this- More or less- Yes, man,

Kbd.

593

Tr. (Trn.) 8 yes, It's the nec - es - sar - y Ver - y

Gr. yes, It's the nec - es - sar - y, gruel - ing

Kbd.

596

Tr.
(Trn.)

8

Leg - en - dar - y mil - i - tar - y press!

Gr.

Leg - en - dar - y mil - i - tar - y press!

Kbd.

600 ♩ = ♩, ♩ = 92

Tr.
(Trn.)

8

piu mosso
♩ = 104
p

The leg ex - ten - sion ex - er -

piu mosso
♩ = 104
p

Kbd.

p

602

Tr. (Trn.)

8

cise Ac-cen-tu-ates your thighs, Af-ford-ing them the mas-cu-line Dev-el-op-ment you

Kbd.

605

Tr. (Trn.)

8

prize. You need an

Gr.

p

In ord-er for your mus-cles to have pres-sure to re-sist-

Kbd.

608

Tr. (Trn.)

8

ab-le bo-dy who is will-ing to as-sist. Get a part-ner! Let a

Kbd.

f

poco meno mosso
♩ = 88

f

poco meno mosso
♩ = 88

Vc.

612

Tr. (Trn.)

8

part ner Put pre-sure on your ris-ing limb in-to him.

Gr.

f

As you push in-to him. Get a part- ner!

Vln.

Kbd.

617

Tr. (Trn.)

8

in-to him.

Gr.

f

Let a part-ner put pres-sure on your ris-ing limb as you push in-to him.

ww.

Kbd.

622

Tr. (Trn.)

8

f

Get a part- ner! Let a part - ner put pres-sure on your ris - ing limb

Gr.

f

Get a part- ner? as you push

Vln.

Kbd.

626 *f*

Tr. (Trn.) 8 — Get a part - ner! Let a part - ner as - sist you with your leg-work Both at

Gr. —

Kbd. (Rich Piano) *f*

630

Tr. (Trn.) 8 home and at the gym. That's right. or at the

Gr. *f* Both at home? or at the gym?

Kbd. ww. Vc.

633

Tr. (Trn.) 8 gym. Both at home, And if you have no

Gr. — That's right? or at the gym?

Kbd. *f*

636

Tr. (Trn.) 8 bench A kit - chen din - ette chair will do you in a

Gr. no bench no chair don't

Kbd. ww. Vc.

639

Tr. (Trn.) 8 pinch, Pro - vid - ing he is there, To press down on your calf

Gr. pinch. who, where? hold

Kbd. Vln.

642

Tr. (Trn.) 8 — and hold it in a clinch. Be - for you know Your size will grow From

Gr. on Dont' clinch!

Kbd. Vln.

645

Tr. (Trn.)

8

six to sev - en in - ches. Your part - ner push - es down as you ar - rise.

Gr.

Huh?!? Um,

Kbd.

Vc.

648

Tr. (Trn.)

8

Your part - ner push - es down as you ar - rise. The leg - ex - ten - sion

Gr.

yeah, but... Um, yeah, but...

Kbd.

Vc.

651

Tr. (Trn.)

8

ex - er - cise ac - cen - tu - ates your thighs, ac - cen - tu - ates your thighs.

Gr.

The leg ex - ten - sion ex - er - cise ac - cen - tu - ates your thighs.

Kbd.

654 *mf* *p* **G.P.**

Tr. (Trn.)

ac - cen - tu - ates your thighs. ac - cen - tu - ates your - **G.P.**

Gr.

ac - cen - tu - ates your thighs. ac - cen - tu - ates your - **G.P.**

Kbd.

much slower $\text{♩} = 72$ *p* $\text{♩} = 69$

Tr. (Trn.)

Ciao. See ya' Wed - nesday.

Gr.

Got - ta go, man.

much slower $\text{♩} = 72$ *ww.* $\text{♩} = 69$

Kbd.

Vc.

ww.

662 *p*

Tr. (Trn.)

"In the

Kbd.

665

Tr. (Trn.)

8

Gal - ler - y Of Mag - ni - fi - cence; This month's Gal - ler - y Of Mag

Vc.

Kbd.

668

Tr. (Trn.)

8

ni - fi - cence_____ Meet Nick Di Gui - see_____ pe, Bod - y -

Kbd.

670

Tr. (Trn.)

8

build - er. Wei - der Bar - bells_____ And High Pro - tein Pow - der Shake_____ Have earned him our

Kbd.

673

Tr. (Trn.)

8

cov - er spread_____ Phy - sique Mag a - zine's new - est name - sake_____ In the Gal - ler - y, March - s

Kbd.

676

Tr.
(Trn.)

Gal - ler - y Of Mag - ni - fi - cence." "In the

Kbd.

Vc.

679

Tr.
(Trn.)

Gal - ler - ry Of Mag - ni - fi - cence March - 's Gal - ler - y Of Mag

Kbd.

ww.

Vc.

682

Tr.
(Trn.)

ni - fi - cence What ab - dom - in - als!___ What ab - dom - in - als!___ It is

Kbd.

ww.

(Rich Piano)

684 $\text{♩} = \text{♪}, \text{♩} = 108$

Tr.
(Trn.)

hard-ly nec-es-sar-y to i - den-ti - fy the fel-low with the chis-eled sto-mach but in case you

Kbd.

687

Tr.
(Trn.)

don't know it's Vic Seip - ke, twen - ty one, Now in the U. S. Na - vy."

Kbd.

G.P.
689 (abrupt stop)

Tr.
(Trn.)

p "Ap - ril's Gal - ler - y of Mag-ni - fi - cence... Laur-el

G.P.
(abrupt stop)

Kbd.

p

693

Tr. (Trn.)

8

wreaths a - head for Brook-lyn na-tive Ron-ald Hal-stead. Jer - ry Win - eck, Just

Kbd.

696

Tr. (Trn.)

8

sev - en - teen, al-read - y pres-es two - fif - ty. And a nod to Ri - co Pro-ven-zal - e,

Kbd.

699

Tr. (Trn.)

8

Run-ner - up Mis - ter Mus-cles Of Par - sip-pan - y In the

Kbd.

702

rall. ♩ = 76

Tr. (Trn.)

8

Gal - ler - y Ap - ril's Gal - er - y Of Mag - ni - fi-cence.

rall. ♩ = 76

Kbd.

attacca

705 $\text{♩} = 96$

Gr. *p*

"Mus-cle Pow-er__ warns its rea-der-ship

Clarinet

Vc.

Kbd.

710

Gr.

of cer-tin mag-a- zines, per-vert-ed mag-a- zines, that dir-ty lit-tlebook they call Phy

Kbd.

714

Gr.

sique,____ De-vot-ed to the so-called Greek i - deal. More suit-ed to the

Kbd.

717 *cresc* -----

Gr. *freak of na-ture, the ho-mo-trade, the pan-sy boys of fair-y-land.*

Kbd.

720 ----- *f*

Gr. *Be-ware the sis-sy fit-ness mag-a-zines on your news-stand!"*

Grand Harpsichord

Kbd. *mf* ----- *f*

723 *pp*

Gr. *Their bo dy build-ing phot-os are bawd-y build-ing smut, filth mas-que*

WW. Vln.

Kbd. Vc.

726

Gr. *rad-ing as phy-sci-cal cul-ture. A lure to the un-sus-ect-ing teen. Be-*

Kbd.

728

Gr. *ware* the sis - sy fit - ness mag - a zine. In the

Kbd.

cresc -----

730

Gr. guise of ex - er - cise they ped - dle por - no - gra - phy to the in - vert trade.

Kbd.

----- *f*

732

Gr. Nak - ed but - tocks, Tight lit tle loin - cloths, Bul - ges gro - tes - quely displayed! Smut!

Kbd. *mf* ----- *f*

piu mosso
♩ = 112

rall.

BRIDE (Soprano)
pp

735

Tr. (Trn.)

8

For god's sake shut up. You'll wake the ba-by.

Gr.

pp

piu mosso
♩ = 112

rall.

Sor-ry, sweet-heart

Kbd.

pp

♩ = 72

739 TRAINER (Tenor)

p

Tr. (Trn.)

8

Frank Bow-man; Jim Finn; Ar-thur Ull-rich;

Vln.

♩ = 72

pp

Kbd.

743

Tr. (Trn.)

8

Quen-tin Price Weighs one nine-ty eight, Stand-ing five-foot-

Kbd.

747 *mf* *p*

Tr. (Trn.) 8 ten." Nice. "Walt

Gr. Boys, take care in lock-er rooms. Watch out for

Kbd. *mf*

749

Tr. (Trn.) 8 Wat ers Keepsfit Andtrim Build-ing a fence

Gr. men bid-ing their time to mis-lead you, and cor-rupt you, to mis-guide you, and in-

Kbd.

751

Tr. (Trn.) 8 huge fore-arms in-duct-ed him in the Gal-ler - y of Mag-

Gr. duct you in - to dec - a - dence, pro-mis cu - i - ty

Kbd.

753

Tr. (Trn.) *cresc* -----

ni - fi - cence This month's

Gr. *cresc* ---

teen - age de - lin - quin - cy The

Kbd. *cresc* -----

755

Tr. (Trn.) *f*

Gal - ler - y of Mag - ni - fi - cence.

Gr. *f*

cess - pool of ho - mo - sex - u - al slime.

Kbd. *f*

757 **piu mosso**
♩ = 104 *p*

Tr. (Trn.)
Hey Bud, you aren't changed.

Gr.
p
Oh, no, I'm changed. . .

piu mosso
♩ = 104
Rich Piano

Kbd.
p

761 **♩ = 120** *mf*

Gr.
Fromwimp, to buff in thir-ty-five

♩ = 120
Mallet Brass (play one octave higher on the keyboard to sound in this octave)

Kbd.
mf

765

Gr.
days. From simp to tough, in thir-ty-five

Kbd.

a little slower than double time

$\text{♩} = 80$

(he slugs Trainer)

Gr. 769 *f* *f*

days. _____ Due to mus-cle pow-er, mus-cle pow-er,

a little slower than double time

$\text{♩} = 80$

Vln.

Kbd.

Gr. 773

Pow-er to a-chieve a bod-y to a-maze. From shrimp to stag, and

Kbd.

Gr. 776

look at me now! Hit back, you fag, you

Kbd.

779 *cresc*

Gr. ought to know how Thanks to mus-cle pow-er mus-cle pow-er pow-er to re -

Kbd. *cresc*

782 *ff*

Gr. sist your sick, per-vert-ed ways. _____

Kbd. *ff*

slow and tentative
♩ = 52

785 Rich Piano

Kbd. *pp*

791

Kbd.

795

Tr. (Trn.)

$\text{♩} = 60$ poco accel. $\text{♩} = 72$ poco rall. $\text{♩} = 60$ poco rall.

p Why'd I fight the war? Who'd I fight if

$\text{♩} = 60$ poco accel. $\text{♩} = 72$ poco rall. $\text{♩} = 60$ poco rall.

Vln. Ww., Vln.

Kbd.

Vc.

798

Tr. (Trn.)

$\text{♩} = 54$ poco *pp* *p* *cresc*

for? Serv-ing with dis-tinc-tion in the Na-vy Sig-nal Corps. Dis

$\text{♩} = 54$ poco *p* *cresc*

Kbd.

Vc.

801

Tr. (Trn.)

$\text{♩} = 72 \text{ rall.}$ $\text{♩} = 60$ **piu mosso** $\text{♩} = 69$

mf *f*

charged with dis-hon-or when they need-ed me no more. Go to Hell, G. I.

Kbd.

Vc.

mf *f*

804

Tr. (Trn.)

Piu mosso $\text{♩} = 76$ **tempo primo** $\text{♩} = 60$

f

Ask your - self why? Why?_____

Kbd.

Piu mosso $\text{♩} = 76$ **tempo primo** $\text{♩} = 60$

sffz

807 *pp* *rall.* ♩ = 54 *poco piu mosso* ♩ = 66

Tr. (Trn.) *pp* *rall.* ♩ = 54 *p* *poco piu mosso* ♩ = 66

Work - ing in a gym. Bare - ly get - ting by. Could be

ww.

Kbd.

Vc.

811 *accel.* *cresc*

Tr. (Trn.) *accel.* *cresc*

8 teach - ing Phys Ed If I'd been a col - lege guy. Put

Kbd.

accel.

813 *f* ♩ = 80

Tr. (Trn.) *f* ♩ = 80

8 in for the G. I. Bill But did - n't qual - i - fy. Blue

Kbd.

♩ = 80

815 $\text{♩} = 80$

Tr. (Trn.) *pp*

slips can't ap - ply. Ask your-self why? Why_____

Kbd. *ff* *ff* *pp*

819 $\text{♩} = 60$ **tempo primo**

Tr. (Trn.) *p* **poco piu mosso** $\text{♩} = 66$

— don't I fight back, when they call me fag?

Kbd. **tempo primo** $\text{♩} = 60$ **poco piu mosso** $\text{♩} = 66$

Vc.

823 $\text{♩} = 72$ **poco piu mosso**

Tr. (Trn.) *mf* *f*

Why do I just stand_____ there, like a hu - man

Kbd. $\text{♩} = 72$ **poco piu mosso**

poco meno mosso
♩ = 66

Tr. (Trn.) 826

punch - ing bag. Will I al - ways live a lie, or

poco meno mosso
♩ = 66

Kbd.

Tr. (Trn.) 828

start to stand my ground? Live or die, why get pushed a - round?

rall. ♩ = 52

mf **p** **pp**

Kbd.

presto subito
♩ = 132 **f**

Tr. (Trn.) 831

Why get pushed a - round? Why get

presto subito
♩ = 132

Kbd.

834

Tr.
(Trn.)

pushed a - round? Why get pushed a - round?

Kbd.

837

Tr.
(Trn.)

Why get pushed

Kbd.

ff

840

Tr.
(Trn.)

a - round?

Kbd.

sffz