



1992

Rated: Unrated

Genre: Health/Fitness

Directed By: John Russo

SRS Cinema

Running Time: 1:23

Review by: Felix Vasquez Jr.

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SCREAM QUEENS DOUBLE FEATURE: SWIMSUIT SENSATIONS & KNOCKOUT WORKOUT (DVD)

The Good: "Scream Queens Double Feature" is without a doubt one of the most unusual documentaries I've ever seen. It's not even a documentary, it's pretty much just a work out video. But while it is a work out video, it delves in to the lives of the women who inspire you to work out who happen to be scream queens. No, there's no actual gimmick behind this. I assumed this was just a movie about fit women fighting a killer, and then I thought it was a goofy self-aware work out video with scream queens and gore, but in reality it's just a work out video that digs in to the lives of the work out instructors who happen to star in horror films and let us in to their work out regime. They also happen to be absolutely sexy women. Even more unusual is that this new release is transferred from an ancient VHS copy, so the quality is terrible. The video is fuzzy, there's static, it's grainy, the colors are murky, some of the audio completely drops out or is uneven during interviews, the fashion is dated, and yet... it's still a fun time to be had. For folks who love to collect rare unseen horror relics like this in bootleg form, this will be a prize jewel for your collection.

Melissa Moore, Veronica Carothers, and Jesae take us on a sexy horrific work out routine guiding us through a double feature of "Swimsuit Sensations" and "Knockout Work Out" and if you're familiar with the eighties craze of aerobics, this will be right up your alley for a nostalgic good time and a few laughs. The entire intent of both the one hour "Swimsuit Sensations" and the half hour "Knockout Workout" is not to actually teach anything to the audience but to put the gorgeous women in provocative poses and body positions to entice the audience.



Throughout both features the actresses are constantly explaining how you don't need to enter a gym to keep fit and work out. But then... they never actually teach us anything! They instead just twist, and pose, and bend, and stretch, and lift weights all to the rhythm of dubbed over music. We watch them exercise for ten minutes (or at least do something resembling exercise) and then watch an interview where they recollect a film shoot where their fitness came in handy. The women seem to be acting as if they're working out, which is the hilarious element of both features. They don't seem to be breaking sweats or panting, or even exerting themselves, they're just miming physical activities. And you have to love them for their ability to split for the camera and flash the smiles and doe eyes for the audience. When both features are done they have little to no value for anyone seeking physical fitness, but then... that's not the goal for these work out videos, are they?

Summing up: Purely for nostalgia and camp value, "Scream Queens Double Feature" has two of the sexiest but pointless work out features ever made. There's not a lot that's actually taught for the audience, nor will you really learn anything from them, but at least you get to see three sexy scream queens in early nineties one piece swimsuits flexing, twisting, contorting and popping for the guys.



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