

## Erik Estrada's back, with three-story hair

### Guns

Erik Estrada, Dona Speir, Cynthia Brimhall, Donna Spangler and Kym Malin

directed by Andy Sidaris

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The latest thing that Jane "Whoops! I'm Sorry!" Fonda forgot to tell us is that all her exercise videos of the eighties had the *wrong advice* on em. She used to tell people to "do it till your stomach burns," and now the doctors say that people have been burning up their stomachs.

So Jane's into "low impact" stuff now. Did you see her last week on *The Larry King Show* holding hands with Ted Turner and talking about her new low-impact, take-it-easy, don't-burn-yourself-up video? I almost expected her to say, "And one more thing — North Vietnam is full of Commie slimedogs! We should nuke the place!"

But I could have told Jane this eight years ago, when they first started selling the Abdomenizer on TV. What do people want in an exercise plan?

Something that doesn't *feel like* exercise.

How much do people wanna hurt when they're exercising?

They *don't wanna hurt* when they're exercising?

And how much time a day do people wanna spend riding bikes and lifting weights and rearranging their hemoglobin on the jogging track?

Zero!

That's why, long before the "Body by Jake" Workout, long before the Raquel Welch "Get a Load of These Thighs" Workout, long before the Richard Simmons "Here's Another Neil Sedaka Record" Workout, and long before the Jane Fonda "You Won't Even Sweat" Workout, there was the Joe Bob Briggs "Five-Second Workout."

The Five-Second Workout is the ultimate exercise video for the nineties. Doctors now know that what it takes to be physically fit for the rest of your life is to work out three times a week, for twenty minutes each time. But who has that kind of discipline and self-control?

That's where my video comes in. Instead of spending 20 minutes of your valuable time on a rowing machine, you spend five seconds exercising, but you do it 720 times a week!

The video includes 720 complete five-second workouts, and here's the beauty of this deal: Most of em are things you *already do anyway!*

Take Workout No. 364: Yanking the lever on the cigarette machine. If you pull it real slow, you'll gain five seconds of aerobic bicep benefit every time you do it.

Or how about Workout No. 278: Getting up to get the remote control off the top of the TV. All you have to do is *run* to the remote control in-

### JOE BOB BRIGGS

#### At the Drive-in

stead of walking. Two and a half seconds to get to the TV, two and a half to return, and if you lunge for the remote when you get there, you'll be working major muscle groups in the thighs and shoulders.

One of my favorites is Workout No. 448: Yelling at your girlfriend. The facial and vocal muscles are frequently overlooked when we plan an exercise regimen. Not with the Joe Bob Briggs Five-Second Workout! See how loud you're able to scream the following words, and be sure to time yourself: "They don't *make* pantyhose that big, Rhinoceros Woman!"

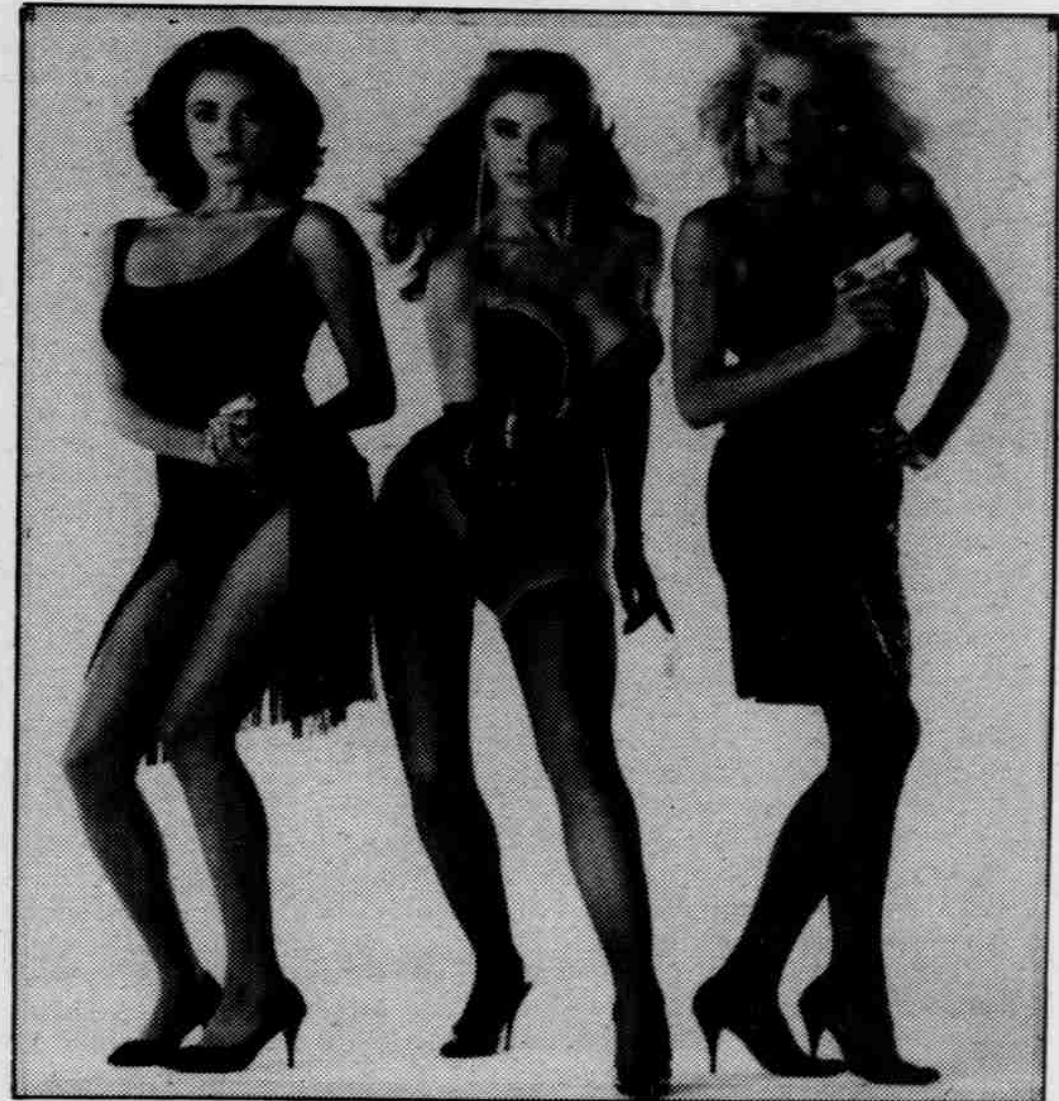
Send me forty bucks today, and I'll send you the Five-Second Workout. Within six weeks, I guarantee you'll be attractive to most people living in Pine Bluff, Arkansas, or your money back.

Speaking of cellulite, there are only about 100 people in the universe who can show their nekkid body in public — and *all* of them have been in an Andy Sidaris movie. Andy, the ABC sports director who has made an entire career of movies about Playboy Playmates who are actually federal undercover agents, has done it again. *Guns*, featuring six Playmates, including three-time "Breast Actress" winner Dona Speir, flops onto the screen this week with Erik Estrada(!) as the evil South American drug smuggler who is trying to lure Dona to Las Vegas, lure her out of her sequined plunging-neckline party dress, and execute her in a casino showroom. Fortunately, there are all kinds of American agents helping protect Dona, including Cynthia Brimhall, lead singer in Playboy's Girls of Rock and Roll, nude oil-wrestlers Donna Spangler and Kym Malin, and Liv

Lindeland, who did a centerfold eighteen years ago but still has intact torpedos.

As usual, we've got airplanes blowing up, rocket launchers, assault rifles, hot tubs, girls that can use machine guns while dressed in Frederick's of Hollywood lingerie, and, of course, no plot to get in the way of the story. Andy has done it again, and this time he's added a new dramatic element: transvestite hitmen.

Eleven breasts. Fourteen dead bodies. Three motor vehicle chases, with crash and burn. Exploding bamboo. Exploding Ultralite. Exploding character actor. Oil wrestling. Shower scene. Hot-tub murder. Gratuitous ninjas. Kung Fu. Sawed-off shotgun Fu. Drive-In Academy Award nominations for Erik Estrada, for having three-story hair and doing his first sex scene — almost; Lisa London, as a Hawaiian restaurant owner and, of course, undercover federal agent, for saying "I do it all — everything from busting heads to baking bread;" Chu Chu Malave and Richard Cansino, as cross-dressing gunmen; Cynthia Brimhall, for singing two lounge songs while dressed in a lace corset; Devin Devasquez, as Erik Estrada's girlfriend in a leopard-skin leotard, for saying "Let me kill for you;" Roberta Vasquez, for showing off her two enormous talents by aardvarking in the desert on a motorcycle seat at sunset; Phyllis Davis, for watching her daughter stand three feet from a guy and fire four nuclear rockets through his chest, for saying, "How did you learn to shoot like that?"; and Dona Speir, for running around in a halter top carrying a rocket launcher, and for say-



Undercover federal agents Roberta Vasquez, Cynthia Brimhall and Dona Speir demonstrating oriental exercise techniques in 'Guns'

ing "That's it for me! I'm hitting the shower!"

Four stars. Joe Bob says check it out.

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