

**Hitchhiker** You heard of this thing, the 8-Minute Abs?

**Ted**: Yeah, sure, 8-Minute Abs. Yeah, the exercise video.

**Hitchhiker**: Yeah, this is going to blow that right out of the water. Listen to this: 7... Minute... Abs.

**Ted**: Right. Yes. OK, all right. I see where you're going.

**Hitchhiker**: Think about it. You walk into a video store, you see 8-Minute Abs sittin' there, there's 7-Minute Abs right beside it. Which one are you gonna pick, man?

**Ted**: I would go for the 7.

**Hitchhiker**: Bingo, man, bingo. 7-Minute Abs. And we guarantee just as good a workout as the 8-minute folk.

**Ted**: You guarantee it? That's - how do you do that?

**Hitchhiker**: If you're not happy with the first 7 minutes, we're gonna send you the extra minute free. You see? That's it. That's our motto. That's where we're comin' from. That's from "A" to "B".

**Ted**: That's right. That's - that's good. That's good. Unless, of course, somebody comes up with 6-Minute Abs. Then you're in trouble, huh?

*[Hitchhiker convulses]*

**Hitchhiker**: No! No, no, not 6! I said 7. Nobody's comin' up with 6. Who works out in 6 minutes? You won't even get your heart goin, not even a mouse on a wheel.

**Ted**: That - good point.

**Hitchhiker**: 7's the key number here. Think about it. 7-Elevens. 7 dwarves. 7, man, that's the number. 7 chipmunks twirlin' on a branch, eatin' lots of sunflowers on my uncle's ranch. You know that old children's tale from the sea. It's like you're dreamin' about Gorgonzola cheese when it's clearly Brie time, baby. Step into my office.

**Ted**: Why?

**Hitchhiker**: 'Cause you're fuckin' fired!