

FLIZZ-JEKS

Keep-fit fans go on the air in the Paris radio version of "up in the morning early."

SONG

Jerking the listening thousands out of bed is no joke - especially when you've just got up yourself. But it's got a big pull with sweater girls and budding Bruce Woodseys - and it's getting results already. Here it goes grandpa, listen for the down beat.

Now everybody's happy, with health, strength and a mirror. But there's still a trick or two he can't do.

High spot comes with a big drive back to the old jungle dance. From now on, it's every man for himself.

Deep down there's a streak of savage in all of us - and music brings out the savages. On your toes folks, not you mums, sit down.

Why does he exercise? He wants to be a weight lifter!

It's a great system - six months later and look at her now. Hand me the dumb-bells, will you?