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Betreff: Let's get fit / Doing Body  
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An: info@fastwd.buchlabor.net

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# fast fwd:

*too slow?*

02/08 - Let's get fit / Doing Body

>body<>body<>body<>-  
body<>body <>body<>bo  
dy<>body<>body<>body<>-  
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XXX



>body<>body<>body<>bo-  
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body<>body<>body<>body  
<>body<>body

>body?<>b>body<>body?

dy<>bo**dy**

<>body<>bo

y<>body<>bo

dy?<

Hello I am an electronic mail! I am a medium -

I mediate content, you give the context.

(\_\_\_\_\_)

I am a an electronic mail, feel free to take me as you like.

Although you see me on a screen I would like

to be more than that.

You're doing body, I'm doing **text.**

>body<

>body<>body<>bo-  
dy<>

>body<>body body<>body<>

?body?

?body? body<>body<>body<

>body<

Dass wir unsere Körperlichkeit  
stetig produzieren und reproduzieren ist nicht zu ver-  
leugnen.

Niemand wird behaupten, dass wir nur aus Fleisch und Blut bestehen. Unsere Körper werden jederzeit neu konstituiert und festgelegt.

Seit einigen Jahren hat sich der Umgang mit un-

seren Fleischhüllen aber grundlegend geändert -

?body? body<>body<>-

body< >body< vor dem Computer oder Telefon und besonders im Internet werden Muskeln immer weniger beansprucht und Sinnesspezialisierungen neu formiert - wir fangen an, unsere Körper anders zu spüren. In sozialen Medien lösen sich die Körper in fragmentarische Text und Bildb

otschaften auf und wenn wir videotelefonieren sind wir in der Kommunikation nur noch aufblitzende Bildpunkte auf einer hochtechnischen Bildfläche.

***IT'S TIME TO  
WORK  
OUT!***

Immer mehr werden wir zu diesen Fragmenten, was mit Fluch und Segen einhergeht. So wie wir immer mehr Gefahr laufen uns zu verlieren haben wir ungeahnte Chancen und können Hegemonien auflösen und uns als neue Zauberwesen zusammensetzen.

Let's get fit for the new era

Perspective 30°

Hey you!

Wanna watch me

workout?



**RISK-**

**FREE VIRTUAL**

**BODY**

**OR DREAM OF**

**BEING A**

**GHOST**

And now we gonna train  
the fine motor skills  
Click on your trackpad And release

Now

click release click release click release  
click release

Click scroll double-click scroll

Click scroll double-click scroll

Click scroll double-click scroll

Click scroll double-click scroll

Now click release click release click

click release

Great job!



To warm up – we are going to do some soft movement

We are going to do three scrolls and a hold

Scroll scroll scroll hold Scroll scroll scroll hold Scroll scroll scroll hold

*One more time*

Scroll scroll scroll hold Scroll scroll scroll hold Scroll scroll scroll hold Scroll scroll scroll **hold**



*And now – we'll go deep into the web*

*Click on the links to get deeper!*

*Click another link!*

*And click*

Click

Click

Click Click

*There you go – great job!*

<>

*Ok...*

*now work the characters on you keyboard!*

*begin with the q*

and

w

and

e

and

r



and

t

and

z

and

u

and

great!

u, u, u, u, u, u,

*now go from one side to another*

and

q

and

p

and

w

and

o

and

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and

i

Scroll scroll scroll **hold** Scroll scroll  
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**hold**

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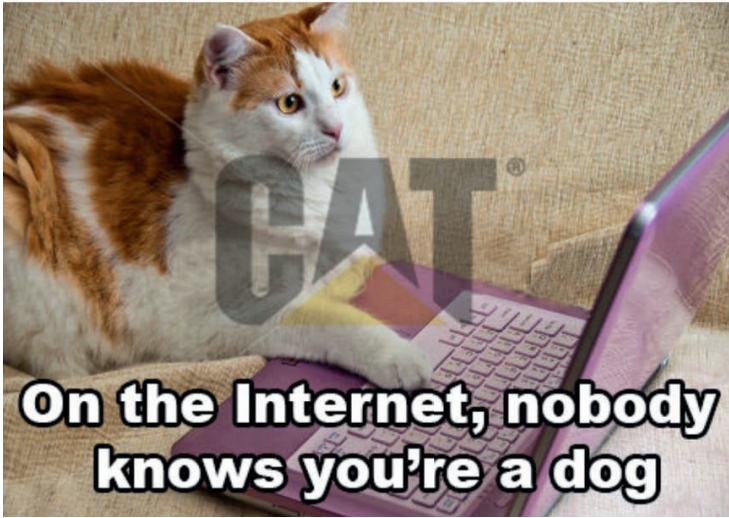
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scroll ***hold***

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# hold on!



*(this is a MEME-*

*it refers to the act of doing body when using new media)*

# If you're into reading - take this! \_\_\_\_\_

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Sexed  
Realities – To  
Whom  
Do I  
Owe My

# Body

„On and off screen, the body is an inevitable projection surface for binary-coded sexed realities and their disruption.

Bodies are rendered, replicated and accelerated by technology, pop culture, pharmaceutical industries, corporate concepts and culture at large.

Sexed Realities unravels the visible and invisible forces underlying the production of bodies,

mapping the battlefield of power and pleasure and its effect on the body in normative societies.

Four notions of the body reflect the conditions of their

***production.***

**Str8 Data Bodies** are detected and scanned by technocratic institutions and brands.

**Risk-free Virtual Bodies** are performing gender swapping, computer crossdressing and identity theft.

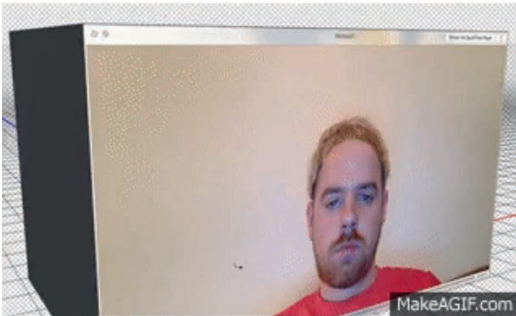
Smart Corporate Bodies hold on to neoliberal individualism and underpaid wage conditions.

**Promised Flexible Bodies** have to develop strategies in order to conform to social norms.

„Sexed Realities offers a different way of looking at the forces and tensions that shape the reality of bodies.“

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*And if you're more into watching your personal workout -  
take this!*



[https://vimeo.  
com/161023374](https://vimeo.com/161023374)

***BYE BYE -***

# **SEE YOU IN THE WEB SPACE**

## **Imprint**

**fast fwd:** *too slow?*

**Titel:** Let's get fit! / Doing body.

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## Impressum

### **fast fwd: too slow?**

Ein Kooperationsprojekt der Fh Dortmund,  
**buchlabor mit Ulrike Brückner und des Design  
Research Labs der Universität der Künste  
Berlin (UdK) mit Bianca Herlo**

### **Projektentwicklung und Leitung**

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Lilo Klinkenberg, Yair Kira

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