

Psycho Trainer

By Valerie Hockert

WGAW# 2268342

Thriller/Crime/Drama---90 pages

LOGLINE:

An abused housewife finds an unlikely path to revenge when she hires a sadistic fitness trainer who specializes in "pushing clients to the edge"—literally.

SUMMARY:

Goldie, a successful personal fitness trainer, harbors a lethal secret: she has just forced a male client to overexertion and death. Plagued by insomnia and guilt, she resorts to a sleeping pill prescription to cope with harrowing nightmares about domestic abuse. In her dreams, her abusive biological father morphs into Sherman—the very man she just murdered.

Goldie's descent into crime began years ago as an abused housewife when she killed her husband, Paul. To avoid criminal prosecution, her lover and gym client, Brent, helped her dispose of the body. Years later, Brent made a shocking deathbed confession to his wife, Sophia. Seeking an escape from her own marriage, Sophia weaponized a missing person newspaper article to launch a ruthless blackmail scheme against Goldie.

Sophia forced Goldie to orchestrate the perfect crime against her current husband, Sherman. Goldie used her gym to induce a fatal heart attack through over-exertion, deliberately timing it so she could avoid performing life-saving CPR. As the weight of her past murders causes severe psychological hallucinations, the narrative delivers a massive plot twist: Sherman's last will and testament leaves his entire inheritance to Goldie instead of Sophia.

AWARDS:

Sunvale Screenplay Contest
Semi-Finalist
2025

Bridge Fest
Selected Writer
2026

San Francisco International
Screenwriting Competition & Film
Awards
Quarter Finalist
2026