

ELEVATOR OF SUCCESS™: Morning Crank Routine

Performance for Magna Rota, Kunsthalle Schweinfurt, Germany

Sound-Performance, 25 min.

Morning Crank Routine combines influences from the coaching scene, the Netflix sitcom „Unbreakable Kimmy Schmitt“ and critical theory in the form of an artistic morning workout. It takes up the historical use of the treadmill crane as a disciplining measure: in doing senseless, repetitive work, the convicted should become better people.

Nowadays this idea of performing labour on oneself seems to be an unpaid prerequisite for participation in neoliberal capitalism. Reproductive work and feminized labor, that has kept the wheel on turning, has been such a prerequisite from the beginning.

The *Morning Crank Routine* is a lecture about capitalist reproduction, autonomy and progress that comes in the form of an autogenic training. An exercise of queer thinking in the constant grind of a capitalist everyday.

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