**Workout** is a rigorous sprint through the minds of its eleven artists. Within the confines of a double-page spread, each contributor offers up a snapshot of whatever world they currently find themselves in. Images are spliced and shuffled, severed and reordered into a finite loop of material—a tantalizing addition to the cpress catalog of artist books.

First (and last) is **Liv Fontaine**’s gloomy masturbation on desire and doom, a kaleidoscopic mind map in marker and colored pencil. Each quadrant sees the artist’s virtuous spirit played by her corporeal appetites. On the page opposite, **Leslie Thornton** looks at vascular plant life with haunting, X-ray-like precision. Could *Hemlock* be a reference to the weed that poisoned Socrates, or to the completely innocent North American coniferous tree? Innocence and guilt, freedom and bondage manifest in **Jamie Crewe**’sflash tattoos—intended for forehead, heart and genitals, it should be noted—and in **Claire Fontaine**’s *They Hate Us For Our Freedom*. A savior is coming, they whisper, and she only needs us to get out of the way.

Indeed, these are desperate times. Has an email found you well lately? **Romy Rüegger** seeks refuge from it all in a wishful library free of any hegemonic order. This pursuit is so sincerely optimistic, it might be as rare right now as the books Rüegger hopes to find.Meanwhile, **Taiyo Onorato & Nico Krebs** break from Vitruvian conventions withtheir superimposed *Dancers*,with bodies draping and contorting out of the anthropometric ideal. Hollow eyes peer out of **Claudia Barth**’s folded booklet, but the empty gaze belies the sting of Barth’s prophetic words. For **Erik Baltrán**, storytelling is not so much an existential journey as a mechanical process. The idea that myths have always been self-perpetuating leads us straight into the information age, when objective truth itself takes on a moral dimension.

**Tom Huber** achieves the strange feat of making a lone horse look posed, even synthetic. Is it the undulating croup or strawberry blonde mane that gives *Björn* the glossy sheen of a pornstar? There’s something likewise cosmically out of balance to **Nüssli/Oeschger**’s maze of arrows, numbers and evil eyes. It seems like a map for some supernatural order despite the absence of organic forms. **Fiona Banner** veers off in another direction, blending the mundane outline of a windshield into a soft and murky abyss.

Having reached the finished line, **Workout** seems to operate like a conceptual slot machine. Each pull of the lever generates individual symbols that have nothing to do with each other, and yet together make meaning.

*Lindsay LeBoyer*

Workout

24 pp; Newsprint; 350×500mm; First edition; 140 copies; with 11 posters by Liv Fontaine, Leslie Thornton, Jamie Crewe, Claire Fontaine, Romy Ruegger, Tayo Onorato & Nico Krebs, Claudia Barth, Erick Beltran, Tom Huber, Nuessli/Oeschger, Fiona Banner aka The Vanity Press; Published by cpress, Zurich; Distributed by Idea Books, Amsterdam; ISBN 978-3-9524710-6-7

17 CHF (shipping included)

[www.cpress.ch](http://www.cpress.ch), [www.instagram.com/cpress\_books/](http://www.instagram.com/cpress_books/)

—— short ———

**Workout** is a rigorous sprint through the minds of its eleven artists. Within the confines of a double-page spread, each contributor offers up a snapshot of whatever world they currently find themselves in. Images are spliced and shuffled, severed and reordered into a finite loop of material.

Workout

24 pp; Newsprint; 350×500mm; First edition; 140 copies; with 11 posters by Liv Fontaine, Leslie Thornton, Jamie Crewe, Claire Fontaine, Romy Ruegger, Tayo Onorato & Nico Krebs, Claudia Barth, Erick Beltran, Tom Huber, Nuessli/Oeschger, Fiona Banner aka The Vanity Press; Published by cpress, Zurich; Distributed by Idea Books, Amsterdam; ISBN 978-3-9524710-6-7

17 CHF (shipping included)

[www.cpress.ch](http://www.cpress.ch), [www.instagram.com/cpress\_books/](http://www.instagram.com/cpress_books/)