



NOW CASTING Season 2

The Brutal Truth - 8 minute Fitness Test

THIS MUST BE FILMED AND SUBMITTED UNEDITED

WHAT: 8 minute Fitness Test based on the Burpee Push-up technique

GOAL: to complete 10 Pushup Burpees every 30 seconds for 8 minutes.

Here's our *Tough as Nails* staffer, Chance, with an explanation on how to set up your BRUTAL TRUTH





NOW CASTING Season 2

REMINDER: The clock does not stop.

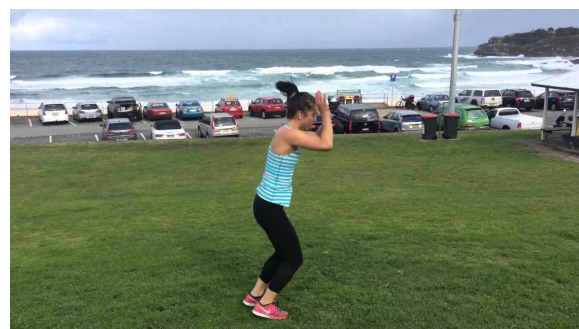
PENALTIES: If you fail to complete 10 Pushup Burpees in 30 seconds you have to take a penalty for 30 seconds and rest.

BACK TO IT: in the next 30 second block **try to complete 9 Pushup Burpees** in the next 30 seconds.

PENALTY REMINDER: if you fail to complete 9 Pushup Burpees in 30 seconds you take a penalty for 30 seconds then:

AFTER 8 MINUTES: you will have a TOTAL COUNT of your complete PUSHUP BURPEES. Make a note of it and we will cross reference it with your video.

EXAMPLES OF BURPEE FORM here are 2 examples of burpee form to show the technique. FYI you don't need to lift your arms above your head.



AFTER RECORDING



NOW CASTING Season 2

SUBMIT Send us an email with the following in the subject line with your "First + Last Name Home Video" at TANCasting@TheToughHouse.com
What if the **file is too big?** upload it to youtube.com with it **UNLISTED** (nobody but those with the exact link can view) setting, then send us the link in the body of the email.