

## Follow up to interview

By sending us your brutal truth video, you are also acknowledging you understand the following:

1. Dates for *Tough as Nails* Season 3 (if you're selected to go to Finals) would be
  - **May 19, 2021 - July 3, 2021**
2. You also understand CBS and the show contract expects to conduct the following on each of our applicants who go to the 3rd round and beyond.
  - **background check (criminal, civil and social media checks)**
  - **medical exam**
  - **psych exam**

## The Brutal Truth - 8 minute Fitness Test

### **THIS MUST BE FILMED AND SUBMITTED UNEDITED**

- An 8 minute Fitness Test
- The goal is to complete 10 Pushup Burpees every 30 seconds for 8 minutes.
- The clock does not stop.
- If you fail to complete 10 Pushup Burpees in 30 seconds you have to take a penalty for 30 seconds and rest.
- In the next 30 second block try to complete 9 Pushup Burpees in the next 30 seconds.
- Again, if you fail to complete 9 Pushup Burpees in 30 seconds you take a penalty for 30 seconds then:
- Try to complete 8 Pushup Burpees in the next 30 seconds ... AND so on.
- At the end of 8 minutes we will have a TOTAL COUNT of your complete PUSHUP BURPEES. Make a note of it and we will cross reference it with your video.
- Here is a video to show the technique, you don't need to lift your arms above your head.

[Brutal Truth Guidelines Video:](#)

[Burpee Technique Video:](#)



## **AFTER RECORDING**

Send us an email with the following in the subject line with your "First + Last Name Home Video" at [AlexSchwartz@TheToughHouse.com](mailto:AlexSchwartz@TheToughHouse.com)

## **HOW TO SEND YOUR VIDEOS**

1. Please send your video via file sharing (with PW) so we can download it. Here are a couple free and easy services you can use:

- <https://wetransfer.com/>
- <https://www.wesendit.com/>

3. IN THE SUBJECT OF YOUR EMAIL: Send us an email with the following in the subject line with your "First + Last Name Home Video" [AlexSchwartz@TheToughHouse.com](mailto:AlexSchwartz@TheToughHouse.com)

4. IN THE BODY OF YOUR EMAIL: Copy and paste the link to your video. Don't forget to include your password if you set one up!

We are looking forward to seeing your submission!

Thank you!  
Jenny Hope and Casting Team