

Proving Grounds: Season 1 - Episode 1: "Move In"

March 24, 2026 | Proving Grounds House - Las Vegas, NV

Episode 1: "Move In"

OPENING MONTAGE

Fast-cut visuals. Las Vegas strip lights in the distance. The UTA training facility. A black SUV caravan. A large rental house with a gated drive. Inside the ring: sweat, ropes shaking, turnbuckles, close-ups of taped wrists, anxious eyes, boots being laced.

Quick shots of all eight recruits, but only in fragments for now. A smirk. A nervous bounce. A clenched jaw. A duffel bag slung over a shoulder. Someone staring at the house like it might change their life.

Over the footage, Scott Stevens speaks.

SCOTT STEVENS (V.O.): "Everybody says they want this. Everybody says they've sacrificed for this. Everybody says they're willing to do whatever it takes. For the next ten weeks, we find out who's telling the truth."

We cut to a shot of the UTA logo hanging in the training facility. Hard cut to black.

ON SCREEN: PROVING GROUNDS

SCENE ONE - ARRIVAL DAY

Bright desert morning. One by one, SUVs pull into the driveway of the Proving Grounds house. Production assistants move around in the background. A camera operator backs up as the first recruit steps out.

Darren Valiant exits first, sunglasses on, dressed clean and sharp, duffel over one shoulder. He takes a look at the house and gives a small smile like he expected something impressive and got it.

DARREN VALIANT: "Not bad."

Confessional. Darren sits in front of a neutral dark backdrop, dressed more casually now, hands folded.

DARREN VALIANT: "My name is Darren Valiant, and I didn't come to Proving Grounds to be part of the experience. I came here because I expect to leave with a contract. I know how that sounds. I'm good with that. Confidence looks like arrogance to people who don't have it."

The next SUV arrives. Jace Van Ardent steps out with a backpack and a rolling bag, taking in the place with a look that mixes excitement and disbelief. He exhales and laughs to himself.

Proving Grounds: Season 1 - Episode 1: "Move In"

JACE VAN ARDENT: "Okay. Yeah. This is real."

Confessional.

JACE VAN ARDENT: "I'm Jace Van Ardent. This is the biggest opportunity of my life, hands down. Ten weeks, one contract, one shot? That's pressure, sure. But pressure's kind of the point, right? If you want to be in UTA, you better be able to handle a lot worse than cameras and a house full of strangers."

Roxie Raze arrives next, stepping out in designer shades, scanning the house and the growing lineup with instant appraisal. She spots Darren, spots Jace, and already looks amused.

ROXIE RAZE: "Well. At least they cast attractive people."

Darren chuckles. Jace laughs awkwardly.

Boone Mercer comes out of the next vehicle carrying two duffels, one in each hand, already looking like he hates the idea of living in a house full of cameras.

BOONE MERCER: "This where we're all stayin'?"

PRODUCTION ASSISTANT: "Yep."

BOONE MERCER: "Huh."

Confessional.

BOONE MERCER: "I'm not really a 'live in a pretty house and talk about my feelings' kind of guy. I'm here to fight for a contract. If they want drama, they can point the camera at somebody else. But if somebody gets in my way, that's their problem."

Silas Vale arrives in all black, expression unreadable. He barely acknowledges anyone, just grabs his bag and starts walking toward the front door.

ROXIE RAZE: "Well, he seems fun."

Lena Lux shows up with bright energy, trying not to look overwhelmed. She says hi to everyone too quickly, then laughs at herself for doing it.

LENA LUX: "Hi. Sorry. Hi. I'm Lena."

JACE VAN ARDENT: "Jace."

DARREN VALIANT: "Darren."

Proving Grounds: Season 1 - Episode 1: "Move In"

ROXIE RAZE: "Roxie."

BOONE MERCER: "Boone."

SILAS VALE: "Silas."

Malik Steele arrives next, composed and quiet, carrying his gear with calm precision. Tatum Quinn arrives last, practical and focused, taking in the others with a look that says she's already studying the room.

All eight now stand at the front of the house as the cameras circle them. The tension is immediate, subtle, alive.

SCENE TWO - FIRST ENTRY

The front door opens. The recruits enter. The house is sleek, modern, UTA-branded in small ways without being gaudy. The living room is open and spacious. The kitchen is huge. A wall-mounted screen cycles UTA footage. Upstairs, multiple rooms wait.

LENA LUX: "Oh my God."

JACE VAN ARDENT: "This is nicer than my apartment."

ROXIE RAZE: "That's not hard, sweetheart."

JACE VAN ARDENT: "And there it is."

Light laughter breaks some of the tension.

On the kitchen island is a stack of envelopes. One for each recruit. Darren steps forward and picks his up. The others follow.

TATUM QUINN: "Room assignments?"

MALIK STEELE: "Looks like it."

They all open them.

JACE VAN ARDENT: "I got Boone."

BOONE MERCER: "Fine by me."

ROXIE RAZE: "Lena. Of course."

Proving Grounds: Season 1 - Episode 1: "Move In"

LENA LUX: "Cool. Cool, that's fine."

SILAS VALE: "Malik."

MALIK STEELE: "All right."

DARREN VALIANT: "Tatum."

TATUM QUINN: "Okay."

Confessional. Roxie raises one eyebrow.

ROXIE RAZE: "Putting me in a room with the most obviously nervous person in the house? That's either a test for her, or entertainment for me."

Confessional. Lena gives a thin smile.

LENA LUX: "Roxie doesn't scare me. She's just... a lot. Immediately. Which, okay. Fine. I can handle 'a lot.' I think."

Upstairs, the room dynamics begin instantly. Jace and Boone claim their room easily enough. Boone takes the bed closest to the wall without discussion. Jace shrugs and takes the other.

JACE VAN ARDENT: "I snore sometimes."

BOONE MERCER: "I sleep like a dead man."

JACE VAN ARDENT: "Cool. Great start."

In Darren and Tatum's room, Darren hangs a jacket carefully and lines up his boots. Tatum is already putting her gear in drawers with military efficiency.

DARREN VALIANT: "You look like you've done this before."

TATUM QUINN: "Packed a bag?"

DARREN VALIANT: "Lived out of one."

TATUM QUINN: "You learn to keep things where you can find them."

DARREN VALIANT: "And here I thought we were gonna have a fun roommate montage."

Tatum glances at him. Not quite a smile. Almost.

Proving Grounds: Season 1 - Episode 1: "Move In"

In the Roxie/Lena room, Roxie has already chosen the mirror and the bed with the better lighting.

ROXIE RAZE: "Hope you don't need this side."

LENA LUX: "I mean... I guess I don't now."

ROXIE RAZE: "Good attitude."

Lena forces a smile.

In Malik and Silas's room, there is almost no conversation at all.

SILAS VALE: "Do you care which bed?"

MALIK STEELE: "No."

SILAS VALE: "Good."

Confessional. Malik exhales slowly.

MALIK STEELE: "Silas feels like the kind of guy who already decided he doesn't need anybody. That's fine. I'm not here to make a best friend. But ten weeks is a long time to share a room with a guy who looks annoyed by breathing."

SCENE THREE - THE FIRST GATHERING

That evening, the recruits are called down to the living room. Bags are still half unpacked upstairs. Everyone settles in with the slightly awkward posture of strangers trying not to look nervous. The wall screen goes black.

The front doors open.

Scott Stevens walks in.

The room changes instantly. People sit straighter. Boone folds his arms. Darren leans forward. Lena swallows hard. Jace watches with respect. Silas looks alert for the first time.

SCOTT STEVENS: "Welcome to Proving Grounds."

He does not smile.

SCOTT STEVENS: "For the next ten weeks, this house is where you sleep, where you recover, where you doubt yourselves, where you annoy each other, and where some of you are gonna realize you're not as ready

Proving Grounds: Season 1 - Episode 1: "Move In"

for this as you thought you were."

He paces in front of them slowly.

SCOTT STEVENS: "At the end of this, one of you gets a UTA contract. One. Not two. Not 'everybody did great.' One. Which means every day, every drill, every challenge, every conversation, every way you handle pressure... it matters."

SCOTT STEVENS: "You're being evaluated on everything. Not just what you do in a ring. How you speak. How you learn. How you adapt. How you carry yourself. How you respond when you fail. Because in UTA, everybody can talk about wanting the spotlight. We're looking for who can survive it."

His eyes move across the room.

SCOTT STEVENS: "There are rules. You miss a call time, that matters. You disrespect the process, that matters. You make this place toxic, that matters. You put your hands on somebody outside a sanctioned setting, that matters. You're here because this company sees something in you. Don't make us regret it."

He stops in the center of the room.

SCOTT STEVENS: "Tomorrow morning, training starts. Bright and early. Don't show up looking like you thought this was summer camp."

He looks at them all once more.

SCOTT STEVENS: "Any questions?"

Silence.

SCOTT STEVENS: "Good."

He turns and walks out.

The second the doors close, everyone exhales.

JACE VAN ARDENT: "Well. He seems chill."

The room laughs nervously.

TATUM QUINN: "He said one contract. That's all anybody needs to hear."

ROXIE RAZE: "Some of us heard it before he even walked in."

Proving Grounds: Season 1 - Episode 1: "Move In"

BOONE MERCER: "And some of us don't need to say it every thirty seconds."

ROXIE RAZE: "Oh, I'm sorry. Am I taking up your oxygen already?"

BOONE MERCER: "You'll know when you are."

The room goes still for a beat. Jace sits up. Darren watches carefully. Malik says nothing. Tatum clocks all of it.

DARREN VALIANT: "Probably a little early for the first house war."

ROXIE RAZE: "Maybe for you."

SCENE FOUR - NIGHT ONE

A montage of the first night in the house. Lena brushes her teeth quietly while Roxie removes makeup in the mirror and talks without looking at her. Boone sits on his bed unwrapping wrist tape. Jace stretches on the floor. Darren stands on the balcony outside his room looking over the city lights. Tatum journals in a notebook. Malik does push-ups beside his bed. Silas lies awake staring at the ceiling.

Confessionals cut in and out.

TATUM QUINN: "You can already tell who came here to compete and who came here to be on television. Sometimes those overlap. Sometimes they really don't."

JACE VAN ARDENT: "First day? Everybody's performing. Including me. I know that. The trick is figuring out who they are when that stops."

SILAS VALE: "Most of these people are going to beat themselves before the competition even gets serious. That's what houses do. They expose people with weak centers."

LENA LUX: "I keep telling myself I belong here. I do. I do belong here. I just... want tomorrow to start already."

SCENE FIVE - DAY ONE TRAINING

Morning. Before sunrise. The recruits walk into the UTA training facility carrying their gear. The room smells like canvas, sweat, and effort. A ring stands in the center, surrounded by training equipment, mats, medicine balls, and conditioning stations. Scott Stevens is already there.

SCOTT STEVENS: "You're late if I'm already standing here."

Everyone speeds up.

Proving Grounds: Season 1 - Episode 1: "Move In"

SCOTT STEVENS: "Warm up. Now."

No music. No fanfare. The recruits stretch, run ropes, hit squats, shoulder rolls, sprawls, and footwork drills. Scott watches every detail.

Jace looks smooth immediately. Boone powers through everything like it insulted him personally. Tatum is sharp and efficient. Malik is physically gifted enough to make the early drills look easy. Darren is clean and controlled. Lena starts fast but begins to push too hard. Roxie is determined not to let anyone see fatigue. Silas is expressionless and exact.

SCOTT STEVENS: "Again!"

They run the ropes harder. Again. Again. Again. Breathing gets heavier. Sweat darkens shirts. Boone starts grinning in a mean kind of way. Lena nearly stumbles and catches herself. Darren notices it. Jace notices Darren noticing it.

SCOTT STEVENS: "You want to be a UTA talent? Then move like one!"

Cut to box jumps. Then shoulder bump drills. Then chain-wrestling sequences. Then flat-back bumps. The first real sound of pain hits the room when Roxie lands a little too hard and winces before quickly getting back up.

SCOTT STEVENS: "Good. Do it again."

Later, the recruits are lined up against the ropes trying to recover while Stevens walks in front of them.

SCOTT STEVENS: "Some of you are already thinking too much. Some of you are trying too hard to look like you're not tired. And some of you are doing exactly what I expected. Which should worry you, because I don't hand out contracts for expectations."

His eyes land briefly on Darren. Then Boone. Then Jace. Then Lena.

SCOTT STEVENS: "You don't get points for surviving one morning."

SCENE SIX - FIRST BREAK / FIRST FAULT LINES

The recruits gather around water coolers and benches during a short break. Some are too tired to talk. Others aren't.

ROXIE RAZE: "So who had 'thrown into rope hell before breakfast' on their bingo card?"

JACE VAN ARDENT: "I had 'Scott Stevens smiles warmly and asks about our hopes and dreams.'"

Proving Grounds: Season 1 - Episode 1: "Move In"

ROXIE RAZE: "You should've known better."

Boone watches Darren towel off and shake out his shoulders.

BOONE MERCER: "You okay there, Hollywood?"

DARREN VALIANT: "I'm fantastic."

BOONE MERCER: "You look like the room hit back."

DARREN VALIANT: "I look like somebody who's still standing."

BOONE MERCER: "For now."

Tatum steps between them only with her voice.

TATUM QUINN: "Everybody's still standing."

BOONE MERCER: "Didn't say they'd stay that way."

Across the room, Lena stretches her lower back, frustrated with herself. Jace walks over.

JACE VAN ARDENT: "You good?"

LENA LUX: "Yeah. No. Yeah. I'm fine. I just don't want to be the one who looks like she can't keep up."

JACE VAN ARDENT: "Everybody looks like they can't keep up right now."

LENA LUX: "Not you."

JACE VAN ARDENT: "That's because I'm pretty."

Lena laughs in spite of herself.

JACE VAN ARDENT: "You're here for a reason. Don't race the room. Just do the next thing right."

Nearby, Silas overhears, unimpressed.

SILAS VALE: "Encouragement posters are free, by the way."

JACE VAN ARDENT: "You got one in your bag?"

SILAS VALE: "No. I prefer results."

Proving Grounds: Season 1 - Episode 1: "Move In"

SCENE SEVEN - THE FIRST CHALLENGE

Later that day, after more drills, Stevens gathers them all in the ring.

SCOTT STEVENS: "Your first challenge isn't about who can do the fanciest move. It isn't about who can hit hardest. You've all got enough of that to get invited into this building. What I want to know is simple."

He points to the hard camera set up ringside.

SCOTT STEVENS: "Who are you?"

The recruits listen closely.

SCOTT STEVENS: "One at a time, you're going to make your entrance into this ring, take a microphone, look into that camera, and tell me -- and the audience at home -- why you belong in WrestleUTA. Sixty seconds. No second takes. No music. No pyro. No crowd to save you. Just presence. Just voice. Just you."

The recruits react in different ways. Darren almost smiles. Roxie rolls her shoulders and looks ready. Boone clearly hates this. Malik goes still. Lena blinks hard. Jace nods once. Tatum looks calm. Silas looks insulted by the simplicity.

SCOTT STEVENS: "Order's random. When I call your name, move."

He looks down at his card.

SCOTT STEVENS: "Lena Lux. You're first."

Lena's eyes go wide for half a second. She gets through the ropes and walks to the stage area as the others lean on the ring to watch.

She takes a breath, then jogs to the ring with energy that starts slightly forced but grows more natural with each step. She enters, takes the microphone, and stands center ring.

LENA LUX: "My name is Lena Lux, and I know when some people look at me, they see potential. That's flattering. But I'm not here to be potential forever. I'm here because I can fight, I can learn, and I can become somebody this company can be proud of. I didn't come to Proving Grounds to blend in. I came here to prove I'm worth betting on."

She finishes a touch early, but holds herself together well.

SCOTT STEVENS: "You started nervous. You found yourself halfway through. That matters."

SCOTT STEVENS: "Silas Vale."

Proving Grounds: Season 1 - Episode 1: "Move In"

Silas walks without hurry, enters the ring with clinical precision, and lifts the microphone like the exercise is beneath him.

SILAS VALE: "I'm Silas Vale. I'm not here because I need this more than anyone else. I'm here because I'm better prepared than anyone else. Some people in this house want to be stars. Some want a dream come true. I want a place where precision, discipline, and intelligence actually matter. If UTA wants the best professional in this group, then I belong here. If it wants a popularity contest, then we're all wasting our time."

A few recruits exchange looks immediately.

SCOTT STEVENS: "You made an impression. Not all of it good."

SCOTT STEVENS: "Boone Mercer."

Boone stalks down like he'd rather be fighting than talking. He gets in, grips the mic too tight, and for a second it looks like this might go badly.

BOONE MERCER: "I'm Boone Mercer. I'm not the smoothest talker in this room and I'm sure not the prettiest, but if this company wants somebody who knows how to get hit, keep coming, and make people believe every second of it, then they need to look at me. I've worked too long and bled too much to come all the way here and watch somebody smile their way into a contract I earned. I'm here to take it."

Boone lowers the mic. It is rough around the edges, but real.

SCOTT STEVENS: "Not polished. But honest."

SCOTT STEVENS: "Roxie Raze."

Roxie saunters out like this is exactly the kind of moment she expected on day one. She gets in the ring, takes center position, and gives the camera the slightest smirk.

ROXIE RAZE: "I'm Roxie Raze. Let's save time -- yes, I know some of the people in this building already decided what they think about me. Too sharp, too pretty, too confident, too aware. Good. That means I'm memorable. And in this business, forgettable is death. I belong in WrestleUTA because I know how to get attention, keep it, and back it up when it matters. Some people want a chance. I am a chance."

She hands the mic back without ever losing eye contact with the camera.

SCOTT STEVENS: "Very good. Now convince people there's more under the surface."

SCOTT STEVENS: "Malik Steele."

Malik takes his time. His walk to the ring is powerful and composed, but once he has the microphone, the

Proving Grounds: Season 1 - Episode 1: "Move In"

silence hangs a beat too long.

MALIK STEELE: "I'm Malik Steele. I know what I look like. I know the first thing people say when they see me is 'athlete.' That's fair. But I'm not here to be impressive in a gym. I'm here to be dangerous in a ring. I'm disciplined. I'm coachable. I don't scare easy, and I don't fold under pressure. I belong in UTA because once I learn the language this place speaks, I'm going to be hard to stop."

Not flashy. But steady.

SCOTT STEVENS: "You believe in your upside. Good. Start making me believe it too."

SCOTT STEVENS: "Tatum Quinn."

Tatum walks with no wasted motion, no nerves visible. She stands center ring and begins immediately.

TATUM QUINN: "I'm Tatum Quinn. I belong in WrestleUTA because I'm already doing the things this business demands. I train seriously. I listen. I adjust. I don't romanticize the work. I do it. If this company wants somebody dependable, technically sound, and ready to improve instead of making excuses, I'm standing right here."

Efficient. Crisp. Controlled.

SCOTT STEVENS: "Strong. Now let people feel something when you say it."

SCOTT STEVENS: "Jace Van Ardent."

Jace bounces once on the balls of his feet before he heads out. His energy is relaxed but alive. He hits the ring smoothly, takes the mic, and grins for the briefest second before going serious.

JACE VAN ARDENT: "I'm Jace Van Ardent, and I belong in WrestleUTA because I know how to make people look up. I can move different, think fast, take risks, and land when it matters. But this isn't just about being exciting. I'm here because I've put in the work to turn style into control and talent into trust. If UTA wants somebody who can connect with people and still throw down when the bell rings, that's me."

Natural. Smooth. The room feels it.

SCOTT STEVENS: "That was easy for you. Don't let easy make you lazy."

SCOTT STEVENS: "Darren Valiant."

Darren heads out last with the poise of someone who wanted this slot all along. He steps through the ropes, takes the microphone, and settles into the exact center of the ring like it belongs to him.

Proving Grounds: Season 1 - Episode 1: "Move In"

DARREN VALIANT: "I'm Darren Valiant. Some people spend their whole career hoping somebody notices them. That's never been my problem. My problem is making sure when people do notice me, they remember me. I belong in WrestleUTA because I understand what this is. This isn't just a fight. It's presence. Timing. pressure. Identity. It's knowing exactly who you are when the lights hit and giving people no reason to look anywhere else. I'm not here to ask for a spot. I'm here because I fit one."

There is a silence after he finishes. Even Boone can't deny the control of it.

SCOTT STEVENS: "That's the standard for presence today."

Darren steps out of the ring and Boone watches him go, jaw tight.

SCENE EIGHT - AFTERMATH

The recruits sit on the ring apron while Scott stands in front of them with the microphone in hand.

SCOTT STEVENS: "I learned a few things today."

SCOTT STEVENS: "Darren understands presence. Jace understands connection. Roxie understands how to make an impression. Tatum understands discipline. Boone understands honesty. Lena can recover in the middle of pressure. Malik has something there, but it's not all the way unlocked. Silas knows how to make people pay attention, but not necessarily in a way that helps him."

He lets that settle.

SCOTT STEVENS: "This is not a ranking for the season. It's a ranking for today. And today matters."

SCOTT STEVENS: "Top three: Darren Valiant. Jace Van Ardent. Roxie Raze."

Darren nods once. Jace looks proud but grounded. Roxie smirks and glances toward Lena.

SCOTT STEVENS: "Bottom three: Lena Lux. Malik Steele. Silas Vale."

Lena looks down. Malik accepts it without visible reaction. Silas looks irritated rather than humbled.

SCOTT STEVENS: "No one is going home this week. But understand me clearly -- being safe today does not protect you tomorrow. And being at the bottom today does not doom you either. This show is about growth. If you're not growing, you're disappearing."

SCOTT STEVENS: "You've got the rest of the day to recover. Tomorrow, we find out which of you can actually talk when somebody talks back."

The recruits react immediately. Promo week tease. Roxie smiles like Christmas came early. Boone groans.

Proving Grounds: Season 1 - Episode 1: "Move In"

Lena looks terrified and determined at once. Darren and Jace exchange a glance that reads mutual recognition.

SCENE NINE - HOUSE FALLOUT

Back at the house that night, the energy is different now. The experiment has started to sort itself.

In the kitchen, Jace pours water while Lena sits at the island staring at nothing for a moment.

JACE VAN ARDENT: "You gonna be okay?"

LENA LUX: "Yeah."

JACE VAN ARDENT: "That sounded fake."

LENA LUX: "It was a little fake."

JACE VAN ARDENT: "First day. Nobody's winning the contract on the first day."

LENA LUX: "You weren't bottom three."

JACE VAN ARDENT: "No. But I also heard what he said. 'Easy can make you lazy.' That's not exactly a gold star."

Lena nods, feeling slightly better.

In the living room, Boone and Darren cross paths again.

BOONE MERCER: "You happy with your little top-three moment?"

DARREN VALIANT: "Should I be miserable?"

BOONE MERCER: "You should know it's day one."

DARREN VALIANT: "I do know it's day one. That's why I made sure day one counted."

Boone steps closer.

BOONE MERCER: "You keep talkin' like that, somebody's gonna wanna shut you up."

DARREN VALIANT: "Then they should probably beat me first."

Tension snaps taut. Tatum, sitting nearby, looks up from her notebook.

Proving Grounds: Season 1 - Episode 1: "Move In"

TATUM QUINN: "If both of you are done measuring yourselves, some of us are trying to think."

Boone gives a humorless grin and walks off. Darren watches him go.

Upstairs, Roxie and Lena get ready for bed. Roxie is sitting on her bed scrolling through nothing, more interested in talking than settling down.

ROXIE RAZE: "Bottom three day one is rough."

LENA LUX: "You really can't help yourself, can you?"

ROXIE RAZE: "I'm just saying. Tomorrow's promo day. That's not exactly where I'd wanna be if I already looked shaky."

LENA LUX: "Then good thing you're not me."

Roxie pauses, pleasantly surprised there was a little bite there.

ROXIE RAZE: "There you go. Maybe there's a person in there after all."

SCENE TEN - FINAL CONFESSIONALS

One by one, the recruits reflect on the first day.

DARREN VALIANT: "I wanted to make a statement, and I did. The trick now is making sure people don't get comfortable deciding who I am too early."

JACE VAN ARDENT: "This house is gonna get weird fast. You can feel it. That's okay. Weird's honest."

ROXIE RAZE: "Day one told me exactly what I thought it would. Some people are built for pressure. Some people wear it on their face. And some people -- like Lena -- are gonna be very entertaining."

BOONE MERCER: "I don't care where he ranked me. I care that I'm still here, still breathing, and still got ten weeks to hit harder than the next guy."

SILAS VALE: "If the lesson today was that likability matters, fine. I can work with that. Doesn't mean I have to respect it."

LENA LUX: "I hate that I was bottom three. I really hate it. But maybe that's good. Maybe now I stop worrying about looking ready and actually become ready."

MALIK STEELE: "I'm not behind. I'm just not all the way seen yet."

Proving Grounds: Season 1 - Episode 1: "Move In"

TATUM QUINN: "Everybody in this house is trying to figure out what version of themselves works on camera. I'm more interested in which version holds up by week six."

FINAL SCENE - EPISODE TAG

Black screen.

Then quick flashes from the next episode:

Scott Stevens barking at them in promo class.

SCOTT STEVENS (V.O.): "If you can't talk, you can't lead."

Roxie circling Lena verbally in the ring.

ROXIE RAZE: "Say it like you mean it, or don't say it at all."

Boone gripping a microphone like it offended him.

Jace and Silas nose to nose.

SILAS VALE: "You're all rhythm and no depth."

JACE VAN ARDENT: "And you're all depth and no pulse."

Darren staring into camera, serious.

DARREN VALIANT: "When words matter, people find out who they really are."

Scott's voice cuts over one last shot of the recruits standing in the ring.

SCOTT STEVENS (V.O.): "Somebody's going to break when they have to speak from the gut."

ON SCREEN: TO BE CONTINUED

Proving Grounds: Season 1 - Episode 1: "Move In"

Show Credits

Match: "Episode 1: "Move In"" - Written by Ben.

Results Compiled by the eFed Management Suite