

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

April 7, 2026 | Proving Grounds House - Las Vegas, NV

"Pain Is Part of It"

PROVING GROUNDS: EPISODE THREE

Episode Title: "Pain Is Part of It"

OPENING MONTAGE

Black screen.

The sound comes first.

Heavy breathing. A sled scraping across concrete. A body crashing to the mat. Scott Stevens barking instructions. Somebody dry-heaving. A stopwatch beeping.

Then the images hit in a barrage.

Boone Mercer driving forward with a weighted sled strapped to his chest.

Jace Van Ardent dropping to a knee, then forcing himself back up.

Roxie Raze shaking out her arms, refusing to let her face show what her body feels.

Silas Vale staring at the floor in disbelief after missing a ring transition.

Darren Valiant flat on his back, blinking at the lights after a brutal bump sequence.

Lena Lux with tears in her eyes but still moving.

Malik Steele gritting his teeth through a carry.

Tatum Quinn, drenched in sweat, expression locked, saying nothing.

SCOTT STEVENS (V.O.): "You can fake confidence. You can fake charisma. You can fake composure for a little while. Pain strips all of that off."

Quick shot of Chris Ross standing at ringside with his arms folded.

CHRIS ROSS (V.O.): "When your lungs are burning and your legs stop listening, that's when you find out what's real."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

Hard cut to black.

ON SCREEN: PROVING GROUNDS

SCENE ONE - MORNING IN THE HOUSE

The camera glides quietly through the house before sunrise. The place feels different now. No arrival-day novelty. No easy laughter. The season has already started hardening people.

In the kitchen, Boone Mercer is up first. He stands alone at the island in sweatpants and a black sleeveless shirt, wrapping tape around his wrists with slow concentration. The room is silent except for the rip of tape and the low hum of the refrigerator.

Confessional.

BOONE MERCER: "Week one, it's all about first impressions. Week two, it's all about talking. Fine. But physical week? That's honest. That's the part where people stop actin' like wrestlers and start showin' whether they can live it."

Jace Van Ardent enters the kitchen, hair a mess, hoodie on, carrying a carton of eggs and a bottle of water.

JACE VAN ARDENT: "You sleep in the tape, or you woke up and chose violence?"

BOONE MERCER: "Today's a violence day."

JACE VAN ARDENT: "Finally, a holiday for you."

Boone gives the faintest hint of a grin.

BOONE MERCER: "You joke too much before breakfast."

JACE VAN ARDENT: "I joke when I'm nervous."

BOONE MERCER: "You nervous?"

JACE VAN ARDENT: "A little."

BOONE MERCER: "Good."

JACE VAN ARDENT: "Good?"

BOONE MERCER: "Means you know it matters."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

Darren Valiant walks in next, dressed clean, awake, and composed in a way that already feels intentional. Boone notices without saying anything. Jace notices Boone noticing.

DARREN VALIANT: "Everybody awake this early because they're dedicated or because production enjoys cruelty?"

JACE VAN ARDENT: "Little of column A, little of column psychopath."

DARREN VALIANT: "Sounds right."

Boone looks over.

BOONE MERCER: "You ready for a day where nobody cares how clean your hair looks?"

DARREN VALIANT: "Boone, I know you want this to be my personal nightmare very badly. It's flattering."

BOONE MERCER: "It ain't personal. I just think some people are about to meet themselves."

DARREN VALIANT: "And you think you already have?"

BOONE MERCER: "I know I have."

The air tightens. Jace quietly turns back to the stove.

Upstairs, in the Roxie and Lena room, Lena sits on the edge of her bed lacing boots with quick nervous hands. Roxie stands by the mirror stretching her shoulder and hip.

LENA LUX: "I hate these weeks."

ROXIE RAZE: "Everybody hates these weeks. The trick is looking like you don't."

LENA LUX: "That's your philosophy on everything."

ROXIE RAZE: "It's worked so far."

LENA LUX: "You ever admit when you're scared?"

Roxie pauses, but only for a breath.

ROXIE RAZE: "Not to roommates."

Confessional.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

ROXIE RAZE: "Physical week is where people start leaking truth. The face people make when they're exhausted? That's more honest than a promo nine times out of ten."

In Malik and Silas's room, Malik Steele is sitting on the floor, calmly working his knee sleeves into place. Silas Vale stands by the dresser, staring at himself in the mirror not out of vanity, but calculation.

MALIK STEELE: "You doing surgery or going to training?"

SILAS VALE: "I'm thinking."

MALIK STEELE: "That ever work out for you before conditioning?"

SILAS VALE: "Better than panic does."

MALIK STEELE: "You panic?"

SILAS VALE: "No."

MALIK STEELE: "Then stop talking like you're trying to negotiate with your body before we even get there."

Silas doesn't answer. Malik doesn't need him to.

In Darren and Tatum's room, Tatum Quinn is already fully dressed, stretching her hamstrings against the bed frame. Darren rolls his neck, working out tension.

DARREN VALIANT: "Something tells me today's not going to reward flair."

TATUM QUINN: "Then try substance."

DARREN VALIANT: "You practice these?"

TATUM QUINN: "No. You just make them easy."

SCENE TWO - VAN RIDE

The recruits pile into the transport van in the cool early morning dark. Nobody is loud. There's too much anticipation for that.

Jace sits by the window. Boone beside him. Roxie and Lena across from them. Silas has earbuds in with nothing actually playing. Malik knows because he watched him never hit the screen. Darren sits upright like posture itself is part of the competition. Tatum stares ahead.

Confessional montage.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

JACE VAN ARDENT: "Physical week is funny because everybody says the same thing before it starts. 'I'm ready. I'm built for this. This is my lane.' Then somebody hits a wall, and suddenly all that confidence gets real specific."

DARREN VALIANT: "I know what Boone wants out of today. He wants proof that the showman can't grind. That's a nice story. I just don't plan on helping him tell it."

LENA LUX: "I don't need to win physical week. I just need to not disappear in it."

SILAS VALE: "People treat suffering like virtue. It isn't. It's a condition. The people who matter are the ones who stay functional inside it."

SCENE THREE - TRAINING FACILITY REVEAL

The van doors open at the UTA training facility.

The recruits walk in and stop dead.

The ring is still at the center, but the building has been transformed. Sleds. Battle ropes. Tires. Pull-up rigs. Agility ladders. Weighted bags. Rowers. Station markers. Mats laid out for bump drills. A brutal circuit arranged with ruthless purpose.

Scott Stevens stands in the center of it all.

Beside him is Chris Ross.

The recruits react visibly. Boone lights up. Jace straightens. Lena swallows. Darren takes it in carefully. Tatum's eyes move station to station, already processing. Roxie rolls her neck. Malik nods once. Silas looks offended by the sheer amount of chaos.

SCOTT STEVENS: "Good. You're awake now."

He lets them stand in it.

SCOTT STEVENS: "Last week was voice. This week is body. Endurance. Recovery. Mechanics under fatigue. Pain tolerance. Discipline."

SCOTT STEVENS: "And before anybody starts thinking this is just about who's strongest, let me save you some embarrassment. It isn't. Plenty of strong people fold. Plenty of athletic people disappear the second they get uncomfortable."

He gestures toward Chris Ross.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

SCOTT STEVENS: "Chris Ross knows what tired fighting looks like. What hurt performance looks like. What surviving bad minutes looks like. He's here because some of you still think toughness is something you say instead of something you show."

CHRIS ROSS: "Everybody talks about heart when they're rested. I want to see what's left when your lungs are burning and your timing's gone."

SCOTT STEVENS: "Three phases today. Conditioning circuit. Ring endurance. Recovery performance. By the end of it, some of you are going to feel better about yourselves. Some of you are going to feel exposed. Both can be useful."

SCOTT STEVENS: "Warm up. Now."

SCENE FOUR - WARMUP

No music. No inspiration. Just work.

The recruits hit the ropes, stretch, sprawl, run footwork, hip switches, shoulder rolls, bridge-outs, sprints. Scott and Chris circle like sharks.

Jace looks loose until the pace starts spiking. Boone is in his element immediately. Tatum is efficient. Malik is physically imposing without drawing extra attention to it. Darren is clean, but slightly conservative. Roxie is determined to look unaffected. Lena is quick but anxious. Silas is exact until the rhythm stops being predictable.

SCOTT STEVENS: "Faster!"

CHRIS ROSS: "Quit looking at the clock! Move!"

Boone hits the ropes like he wants to leave dents in them. Darren notices. Boone notices Darren noticing.

SCOTT STEVENS: "Valiant! Less pretty, more pace!"

Darren grits his teeth and picks it up.

SCOTT STEVENS: "That goes for everybody! We're not filming entrances!"

SCENE FIVE - PHASE ONE: CONDITIONING CIRCUIT

Scott blows the whistle. The first phase begins.

Eight stations. Two minutes each. No rest between. Battle ropes. Sled push. Sandbag carry. Burpees. Tire flips. Rower sprint. Agility shuffle. Medicine-ball slam and sprawl.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

The camera cuts fast between stations, each recruit telling their own story.

At the sled, Boone drives like a man trying to move the building. His face is red, teeth bared, but there is joy in it too. This is what he understands.

CHRIS ROSS: "Mercer! Good!"

Malik works with frightening economy, not loud, not dramatic, just physically gifted enough to make impossible things look slightly less impossible.

Jace is quick through the agility and rope phases, but the cumulative fatigue starts biting on the rower and sled. He keeps his mechanics, but his face gives away the hurt.

Darren starts smart, maybe too smart. Scott clocks it instantly.

SCOTT STEVENS: "That's not pacing, Darren. That's fear wearing a calm face."

Darren's eyes flash. He digs harder, dragging the sled with visibly more commitment.

Roxie refuses to drop intensity in front of the room. Even when her arms start shaking on battle ropes, she keeps her jaw set and keeps swinging.

Tatum is machine-like. Not the fastest at every station, but the most consistent from start to finish.

Lena struggles visibly on the sandbag carry. The bag slips off her shoulder. She nearly drops with it, catches herself, repositions, and keeps moving.

CHRIS ROSS: "Good! That's the rep that matters!"

Silas starts badly the moment the day stops feeling orderly. The unpredictability of pace, the transitions, the lack of clean reset time -- it gets under his skin fast. By the rower, he's already looking angry. By the tire flip, anger has become wasted energy.

SCOTT STEVENS: "Silas! You don't get extra points for looking offended by fatigue!"

By the last station, everyone is wrecked. Boone finishes standing. Barely. Tatum drops to a knee, then pushes right back up. Jace leans against the ropes. Darren wipes sweat from his eyes and stares at the floor like he's recalculating. Malik is heaving but controlled. Roxie's hands are trembling. Lena is pale, wide-eyed, fighting not to look lost. Silas walks away and empties his stomach into a trash can.

The room goes quiet around that sound.

Confessional.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

SILAS VALE: "I'm not embarrassed that my body reacted. I'm embarrassed that people saw it."

SCENE SIX - FIRST FEEDBACK

The recruits line up against the ring apron trying to breathe while Scott and Chris pace in front of them.

CHRIS ROSS: "Pain is information. That's all it is. But some of you hear pain and treat it like a personal insult."

CHRIS ROSS: "Mercer, this is clearly your kind of test. Good. Don't become stupid because of it."

Boone nods once.

CHRIS ROSS: "Lena, you looked like quitting twice. You didn't. Remember that."

Lena nods, breathing hard.

CHRIS ROSS: "Valiant, you've got another gear. Stop waiting for conditions you like before you use it."

Darren takes that personally, which is exactly why it works.

CHRIS ROSS: "Silas, you're not weak. You're just too interested in looking composed to actually compete free."

Silas stares straight ahead. Boone glances sideways. Jace hears it too.

SCOTT STEVENS: "Hydrate. Two minutes. Then ring work."

SCENE SEVEN - BREAK / CHARACTER BEATS

The recruits spread out around the facility during the short reset.

Jace is bent over at the waist by the cooler when Lena shuffles over with a bottle.

LENA LUX: "You look worse than me."

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

LENA LUX: "You're breathing like somebody turned your lungs off."

JACE VAN ARDENT: "That also feels dramatic, yes."

She laughs. Needed laugh. He clocks that.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

JACE VAN ARDENT: "You're still here."

LENA LUX: "Don't say it like you're surprised."

JACE VAN ARDENT: "I'm not. I'm saying it like you should hear it."

Across the room, Boone sits on a bench toweling off as Darren drops down beside him. Not friendly. Not hostile. Just close enough to matter.

DARREN VALIANT: "Enjoying your day?"

BOONE MERCER: "More than you?"

DARREN VALIANT: "Probably."

BOONE MERCER: "You ain't dead yet."

DARREN VALIANT: "Neither are you. Shame for everybody rooting against us."

Boone lets out one tired laugh before catching himself.

BOONE MERCER: "Don't make me like you when you're half unconscious."

DARREN VALIANT: "Wouldn't dream of it."

Roxie is retying her boots when Tatum kneels near her to retape a wrist.

ROXIE RAZE: "You gonna analyze me too, Quinn?"

TATUM QUINN: "No."

ROXIE RAZE: "That's disappointing."

TATUM QUINN: "You waste too much energy making sure nobody sees you hurt."

Roxie snorts.

ROXIE RAZE: "There she is."

SCENE EIGHT - PHASE TWO: RING ENDURANCE

The second phase begins in the ring.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

It's brutal in a different way: repeated rope runs into drop-downs, leapfrogs, rolls, shoulder tackles, bump chains, strike sequences, transition drills, then back to ropes again. No one is fresh enough to hide behind athletic ease now. That's the point.

SCOTT STEVENS: "Now we find out who can still wrestle tired."

Jace rebounds here. Even with fatigue in his lungs and legs, his body control in the ring is better than most. He's not flashy for the sake of it. He's adjusting.

SCOTT STEVENS: "There you go, Jace!"

Tatum is exceptional. Crisp footwork, smart recovery, clean bumps, no wasted drama. Chris Ross watches with growing respect.

Darren also improves once the work gets more wrestling-specific. His instinct for pacing and movement comes back, but he still has to force himself not to retreat into caution.

CHRIS ROSS: "Commit to the bump, Darren! Don't negotiate with it!"

Darren throws himself harder on the next rep. Better.

Boone stays aggressive, but now the day's wear starts costing him precision. On a crossing reset he nearly runs chest-first into Jace.

JACE VAN ARDENT: "Watch it!"

BOONE MERCER: "Move cleaner!"

SCOTT STEVENS: "Both of you shut up and reset! Again!"

They do, irritation simmering.

Lena gets flattened by fatigue on a drop-down, hits the mat hard, sucks in air, and pops back up before anyone can tell her to stop.

CHRIS ROSS: "Good. Don't look at me. Just go."

Roxie's day is turning into pride versus physics. She is clearly not thriving, but there is something admirable in how hard she refuses to disappear.

Malik is powerful and credible but a half-beat too careful in transitions. The performance is good, but still slightly external, like he is showing the work instead of fully living it.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

Silas is unraveling. He misses a leapfrog rotation, slaps the mat in frustration, resets too fast, and crashes into the ropes on the next pass.

SCOTT STEVENS: "There's the panic!"

SILAS VALE: "I'm not panicking!"

SCOTT STEVENS: "Then stop performing panic so convincingly!"

The room winces. Silas burns with humiliation.

SCENE NINE - CHRIS ROSS IN THE RING

Chris steps into the ring himself and motions Jace, Boone, Darren, and Tatum inside.

CHRIS ROSS: "Four of you. Watch this."

He has them run a quick sequence with him feeding pressure and counters in real time, forcing them to think while exhausted. Boone powers through with believable violence. Jace adapts well. Tatum remains consistent. Darren, after one small hesitation, starts matching the pace.

CHRIS ROSS: "That's better. Wrestling tired doesn't mean wrestling ugly. It means staying honest when your body wants shortcuts."

He points toward the rest.

CHRIS ROSS: "Everybody else, that's the standard now."

Roxie mutters under her breath.

ROXIE RAZE: "Fantastic."

SCENE TEN - MIDDAY HOUSE-STYLE FALLOUT INSIDE THE GYM

Another break. This one uglier. Quieter. The recruits are too tired to posture cleanly now.

Silas stands at the sink splashing water on his face. Malik walks over and leans on the counter beside him.

MALIK STEELE: "You got one phase left."

SILAS VALE: "Thank you, doctor."

MALIK STEELE: "No. I'm serious. You keep acting like being tired is beneath you. That's what's killing you."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

SILAS VALE: "What's killing me is incompetence around me."

MALIK STEELE: "No. What's killing you is that the room can see you crack."

Silas turns, angry, but too tired to manufacture anything sharp enough. Malik has him.

On the mats, Roxie sits shoulder to shoulder with Lena, both icing something.

LENA LUX: "You okay?"

ROXIE RAZE: "I am deeply committed to the lie that I'm fine."

Lena laughs.

LENA LUX: "That's the most honest thing you've said all day."

ROXIE RAZE: "Don't get used to it."

Not far away, Boone stretches a calf against the ring post while Darren sits on the apron beside him.

BOONE MERCER: "You heard him."

DARREN VALIANT: "Which part?"

BOONE MERCER: "Stop waiting for it to be pretty."

DARREN VALIANT: "I heard it."

BOONE MERCER: "Good."

DARREN VALIANT: "You seem very invested in my growth."

BOONE MERCER: "I'm invested in not hearing excuses after."

SCENE ELEVEN - PHASE THREE: RECOVERY TEST

Scott gathers them in the ring.

SCOTT STEVENS: "Last phase."

SCOTT STEVENS: "Recovery matters in this business. Nobody cares if you can go hard for one burst. Can you reset enough to perform again? Can you bring your body down, get your head back, and still make something look believable?"

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

CHRIS ROSS: "You get one minute. Control your breathing. Then you're hitting a one-minute ring sequence. Footwork, strikes, grapple, bump, comeback, finish. If you walk through it, I'll know. If you die halfway through it, I'll know that too."

The recruits spread out for the shortest minute of their lives. Hands on knees. Eyes closed. Controlled breaths. Feet pacing. Quiet desperation.

Then they go one by one.

Tatum is first. Her sequence is maybe not the flashiest, but it is the cleanest. She looks exhausted and still keeps every movement honest.

CHRIS ROSS: "Professional."

Jace is next and one of the strongest. Even blown up, he finds a way to snap energy into the comeback and make the final burst feel alive instead of rehearsed.

SCOTT STEVENS: "That's adjustment!"

Boone goes after him and hits hard enough to wake the whole room back up, but he again edges near recklessness at points. Chris likes it, Scott likes part of it.

Darren starts too measured, hears Scott roar "Commit!" and then finally lets the last half of the sequence fly. It saves him from having a truly bad day, but only barely.

Roxie is all willpower. Her body wants less, but she refuses less. By the end of the minute, she looks like somebody held together by spite, which, for television, actually works.

Lena nearly loses the thread midway through her sequence. Her breathing spikes. Her footwork gets messy. For a terrifying second it feels like she might stop. Then she hears Chris Ross bark from ringside.

CHRIS ROSS: "Do not ask permission to finish!"

That hits her like a switch. She straightens, finishes stronger than she started, and ends to a small nod from Scott.

Malik looks physically credible throughout, but there is still a slight barrier between him and the full emotional performance. He is good. Still not fully seen.

Silas is last.

The room knows it. So does he.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

He steps to center ring, breath controlled by force, not calm. He starts the sequence clean. Footwork. Strikes. Grapple. Bump. Up.

Then his legs lag one fraction behind his brain on a turn.

He catches it, but not well. He tries to force the rest of the sequence back into line. The harder he forces it, the uglier it gets. He bumps, rises, throws the comeback, and there is nothing left in it.

He stalls.

The silence in the room is brutal.

SCOTT STEVENS: "Finish it."

Silas stares ahead, ashamed, furious, exposed.

SCOTT STEVENS: "Finish it."

Silas drags the last seconds across the line on pure stubbornness.

CHRIS ROSS: "Ugly. But you finished."

Silas steps through the ropes and walks to the corner, unwilling to look at anybody.

SCENE TWELVE - FINAL EVALUATION

All eight recruits stand in the ring in a loose line, bodies spent, pride dented, some more than others. Scott Stevens stands before them. Chris Ross remains to the side, arms folded.

SCOTT STEVENS: "Physical week doesn't care about your self-image."

SCOTT STEVENS: "It doesn't care how good your last promo was. It doesn't care whether you looked like a favorite on day one. It doesn't care who thinks this kind of week is beneath them."

SCOTT STEVENS: "I saw some very useful things today."

SCOTT STEVENS: "Boone, when your head stays in the work, you are exactly the kind of problem you think you are."

Boone nods.

SCOTT STEVENS: "Jace, your best adjustment of the season so far. You stopped relying on flow and started fighting through disruption."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

Jace exhales, pleased.

SCOTT STEVENS: "Tatum, most consistent performance of the day. No drop in discipline. No need for theatrics."

Tatum says nothing, but the pride is there.

SCOTT STEVENS: "Top three."

SCOTT STEVENS: "Boone Mercer."

SCOTT STEVENS: "Jace Van Ardent."

SCOTT STEVENS: "Tatum Quinn."

The three absorb it differently. Boone like fuel. Jace like proof. Tatum like data.

SCOTT STEVENS: "Bottom three."

SCOTT STEVENS: "Silas Vale."

No surprise. Still painful.

SCOTT STEVENS: "Darren Valiant."

Darren's face tightens for only a second.

SCOTT STEVENS: "Roxie Raze."

Roxie closes her eyes once, furious at herself.

SCOTT STEVENS: "Silas, frustration keeps becoming your whole performance."

SCOTT STEVENS: "Darren, you are too talented to keep entering ugly situations like you're hoping not to get dirty."

SCOTT STEVENS: "Roxie, pain is not weakness. Needing everyone to know you're hiding it? That's closer."

SCOTT STEVENS: "No one is eliminated today."

Relief flickers, but only briefly.

SCOTT STEVENS: "Because next week I'm pairing you up."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

The room changes instantly.

SCOTT STEVENS: "You will work with people you don't like, don't trust, or don't understand. And if you can't function with someone else in this business, then one of you does not belong here."

That lands everywhere at once. Boone glances at Darren. Darren glances back. Roxie looks at Lena. Jace looks at Silas. Tatum already looks like she knew this was coming. Malik looks like he's trying to figure out which disaster he's about to inherit.

SCOTT STEVENS: "Get out."

SCENE THIRTEEN - VAN RIDE HOME

The ride back is slower, quieter, uglier.

Boone sits by the window this time, sweat dried into his shirt. Darren across from him. Neither talks at first.

DARREN VALIANT: "You earned it today."

BOONE MERCER: "Yeah?"

DARREN VALIANT: "Yeah."

BOONE MERCER: "You had a bad day. Don't make it into a personality crisis."

DARREN VALIANT: "That almost sounded helpful."

BOONE MERCER: "You tell anybody, I'll deny it."

Jace leans back, eyes closed, while Silas stares out the opposite window.

JACE VAN ARDENT: "You finished."

SILAS VALE: "Don't."

JACE VAN ARDENT: "Wasn't mocking you."

SILAS VALE: "That somehow makes it worse."

JACE VAN ARDENT: "You make a lot of things worse on your own."

Silas says nothing. Which, for once, is louder.

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

SCENE FOURTEEN - NIGHT IN THE HOUSE

Back at the house, the energy is stripped down. The recruits don't burst through the door. They drift through it like survivors.

In the kitchen, Boone opens the freezer for ice while Darren fills a glass at the sink.

DARREN VALIANT: "I'm still not conceding your whole 'real over polished' manifesto, by the way."

BOONE MERCER: "Didn't ask you to."

DARREN VALIANT: "Good. I'd hate for today to get sentimental."

BOONE MERCER: "Don't worry. I still find you annoying."

DARREN VALIANT: "There he is."

In the Roxie/Lena room, Lena is changing a bandage on her hip while Roxie sits on her bed icing her shoulder.

LENA LUX: "You looked tough out there."

ROXIE RAZE: "Never say that to me again."

LENA LUX: "You did."

ROXIE RAZE: "I know. That's not the point."

Lena smiles to herself.

LENA LUX: "Partner week's going to be awful."

ROXIE RAZE: "Yes."

LENA LUX: "You sound excited."

ROXIE RAZE: "I sound interested."

In Malik and Silas's room, Malik sits on the floor with his back against the wall while Silas stands by the dresser, staring down at nothing.

MALIK STEELE: "You're replaying it."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

SILAS VALE: "Of course I am."

MALIK STEELE: "That help?"

SILAS VALE: "No."

MALIK STEELE: "Then stop replaying the stall. Replay the finish."

Silas looks over at him.

SILAS VALE: "You always sound like you're two lines away from giving a TED Talk."

MALIK STEELE: "And you always sound like you swallowed a knife. We all got things."

Silas almost smiles, which is as close to a breakthrough as he's had all season.

In the living room, Jace and Tatum sit with ice packs, feet up on the coffee table.

JACE VAN ARDENT: "I think this house gets weirder every day."

TATUM QUINN: "No."

JACE VAN ARDENT: "No?"

TATUM QUINN: "It gets more honest every day."

Jace takes that in and nods.

FINAL CONFESSIONALS

DARREN VALIANT: "Bottom three bothers me. Good. It should. I'd rather get checked now than later."

JACE VAN ARDENT: "That was the first day where style alone didn't matter at all. I liked that more than I expected."

ROXIE RAZE: "Bad day. Not a trend. If anybody thinks I'm slipping, I'd love the opportunity to disappoint them."

BOONE MERCER: "Today felt like something I understand. Maybe that's dangerous. Maybe that's good. Probably both."

SILAS VALE: "Everybody keeps telling me I care too much about control. Maybe they're right. I don't know what that says about next week."

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

LENA LUX: "I didn't win the day. But I didn't vanish in it either. For me, that matters."

MALIK STEELE: "I'm still in the middle. Still solid. Still not all the way there. That gets old."

TATUM QUINN: "Physical week rewarded discipline. Partner week is about trust. Trust is messier."

FINAL TAG

Black screen.

Then flashes from the next episode.

Scott Stevens holding envelopes.

Boone and Darren staring each other down in the ring.

Roxie and Lena arguing face to face.

Jace and Silas nearly shoving each other.

Malik and Tatum standing in tense silence at opposite corners.

SCOTT STEVENS (V.O.): "If you can't work with somebody you hate, you don't belong in this business."

ON SCREEN: NEXT WEEK -- "WORK WITH SOMEONE YOU HATE"

Proving Grounds: Season 1 - Episode 3: "Pain Is Part of It"

Show Credits

Match: ""Pain Is Part of It"" - Written by Ben.

Results Compiled by the eFed Management Suite