



## Doing a video for REAL CHAINED HEROES: What can you expect?

You have been approached to be in a RCH video: to help you decide, here are important facts and figures:

1 RCH aims to produce videos devoted to showing images of real manliness, in body and in spirit. Your part is to be in the role of a hero: to show your fit, muscular and strong body and prove your strength and endurance. The hashtags: *#strength and courage, #warrior, #built for war, #muscle, #nopain-nogain, #determination.*

The stories and images of the RCH videos are based on the theme of “the godlike warrior in pain”. A good example is the famous interrogation scene in Sylvester Stallone’s classic movie *Rambo 2*.

RCH is about a special kind of male esthetics: we want you to be an icon of masculinity by displaying the beauty of your muscled body and of the power of your mind.



2 So RCH needs you to be a “warrior”: the tough soldier who is captured and chained, but stays strong under the duress of imprisonment and enacted maltreatment, and in the end escapes and defeats his enemy. You are the “good guy” in the story! Most of the time you will be shirtless, dressed in military camo-pants and combat boots. During the moments of “maltreatment” and “torture” your body will move and your muscles flex and strain, to show your built, fit body to best advantage. You will be the strong hero: “the best you can be”!

3 A special feature of RCH videos are the scenes of interrogation and torture. RCH wants to show *real courage and real manliness*. These scenes are a challenge to your willingness to bring out the best in yourself. In these scenes you will be interrogated and tortured: make-believe of course! For the sake of realism and to show the best your body and mind have to offer, you will take a moderate level of real pain to your upper body (max level 6 on a scale from 1-10). To make these scenes work, you will have to be able to trust RCH and we must be able to trust you. Therefore we will prepare these scenes very carefully. *Nothing will happen during a shoot, which has not been cleared and agreed between you and RCH in advance!*

The level of moderate pain that you are willing to take will be the basis of your fee: “the more you take, the more you make”.

4 Because the aim of the project is to show real courage and manliness, the moderate pain on your body is also real: the natural reaction of your trained body (musculature) and of your fighter-spirit during the take of a scene is what we want to capture. The torture is of course "make-believe", but not scripted: that will make the visual effect more intense and the male esthetics more powerful. That way you become the impressive icon of masculinity.



5 For you it is important to know that RCH is not showing anything pornographic. There will be no full nudity, no scenes of sexual activities.

6 Each video has its own scenario and consists of 4 scenes of 20-25 minutes each. RCH aims to shoot these scenes in one take (no cuts), in order to produce an exciting and fascinating viewing experience. Because you will be carefully prepared in advance by RCH, the duration of your shoot will be about 6-8 hours max, and take place on one day. The shoot will take place on location, usually Düsseldorf or Wuppertal in Germany.

7 Details on payment: the basic fee for the video is € 150,- per scene, so you earn as a minimum € 600,- or € 750,- . Travel costs are covered separately. You can raise the fee you earn by agreeing to take a higher level of pain.

8 Contact Email: [commandern113@gmail.com](mailto:commandern113@gmail.com)  
Website: [www.muscle-olymp.com/rch](http://www.muscle-olymp.com/rch)

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