

A group of men in a dark, dimly lit setting, possibly a club or bar. The central figure is a shirtless man with a cigarette in his mouth, looking down. To his left is a man in a white tank top. Other men are visible in the background, some looking towards the camera. The overall atmosphere is moody and cinematic.

"DO THE TEN!" CLUB

A dark, moody photograph of Brad Pitt in a club setting. He is shirtless, wearing a cigarette in his mouth, and looking down. He is surrounded by other men in a dimly lit environment. The text "RULE #1: YOU TALK ABOUT 'DO THE TEN!' CLUB" is overlaid in white, bold, sans-serif font across the center of the image.

RULE #1: YOU TALK ABOUT "DO THE TEN!" CLUB

A dark, moody photograph of Brad Pitt in a club setting. He is shirtless, muscular, and has a cigarette in his mouth. He is surrounded by other men, some of whom are also shirtless. The lighting is low, creating a gritty, cinematic atmosphere. The text "RULE #2: YOU ALWAYS TALK ABOUT 'DO THE TEN!' CLUB" is overlaid in white, bold, sans-serif font across the middle of the image.

RULE #2: YOU ALWAYS TALK ABOUT "DO THE TEN!" CLUB



RULE #3: IF SOMEONE SAYS "DO THE TEN!", YOU DO THE TEN!

-> 10 LIEGESTÜTZE AN ORT UND STELLE!

-> DANACH EINE STUNDE LANG IMMUN

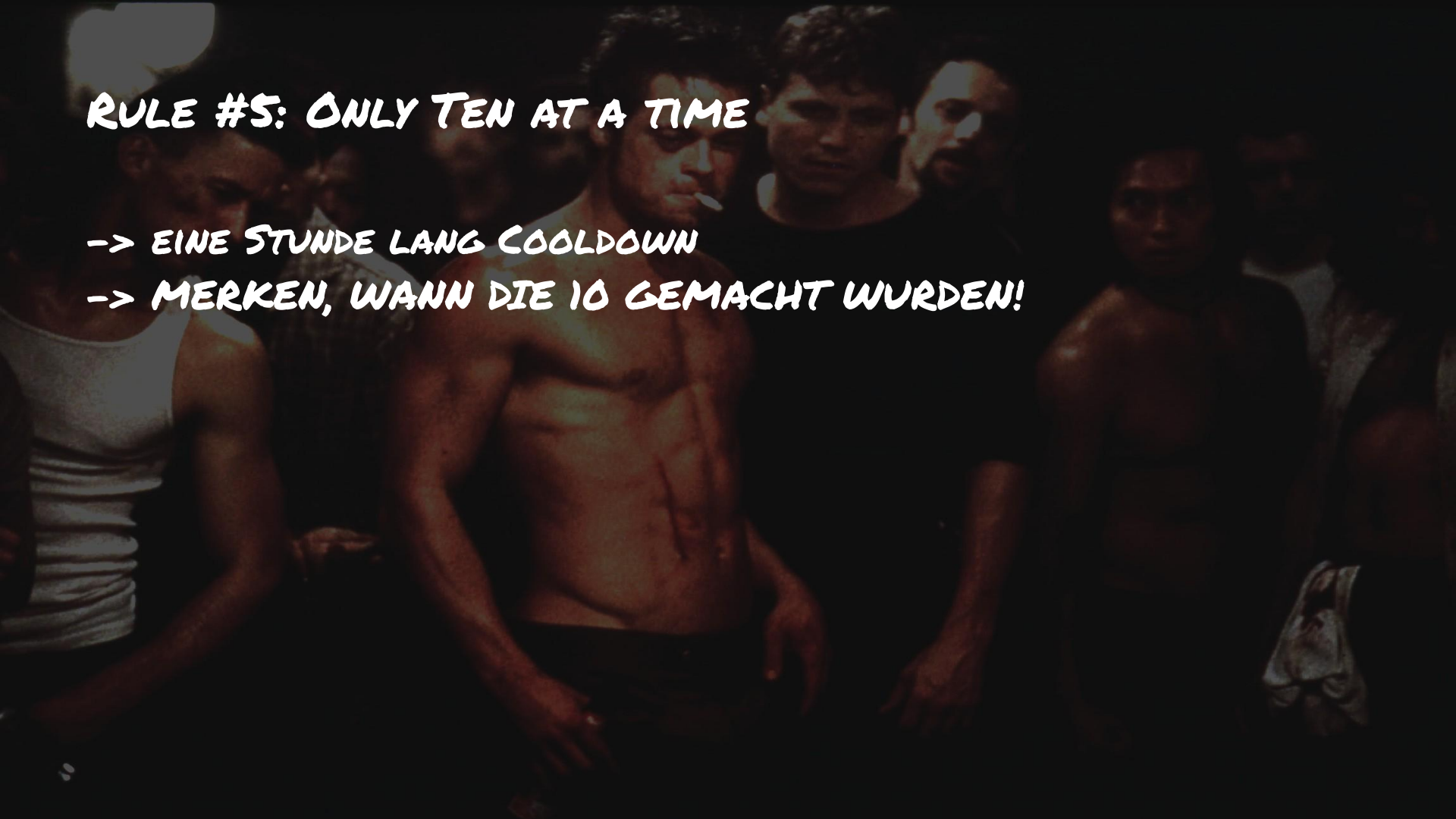


RULE #4: ONLY TWO GUYS TO A FIGHT

-> AUFFORDERN GEZIELT MIT NAMEN!

-> NUR IN PERSON

-> DIREKT ZURÜCK AUFFORDERN NICHT ERLAUBT

A group of men are gathered in a dimly lit room, possibly a gym or club. The central figure is a muscular man with a cigarette in his mouth, looking slightly to the right. To his left, another man in a white tank top is partially visible. The background is dark, with some other people faintly visible. The overall atmosphere is gritty and focused.

RULE #5: ONLY TEN AT A TIME

-> EINE STUNDE LANG COOLDOWN

-> MERKEN, WANN DIE 10 GEMACHT WURDEN!

RULE #6: NO HESITATION, NO EXCUSES
-> AN ORT UND STELLE





RULE #7: THE TEN WILL TAKE AS LONG AS THEY HAVE TO

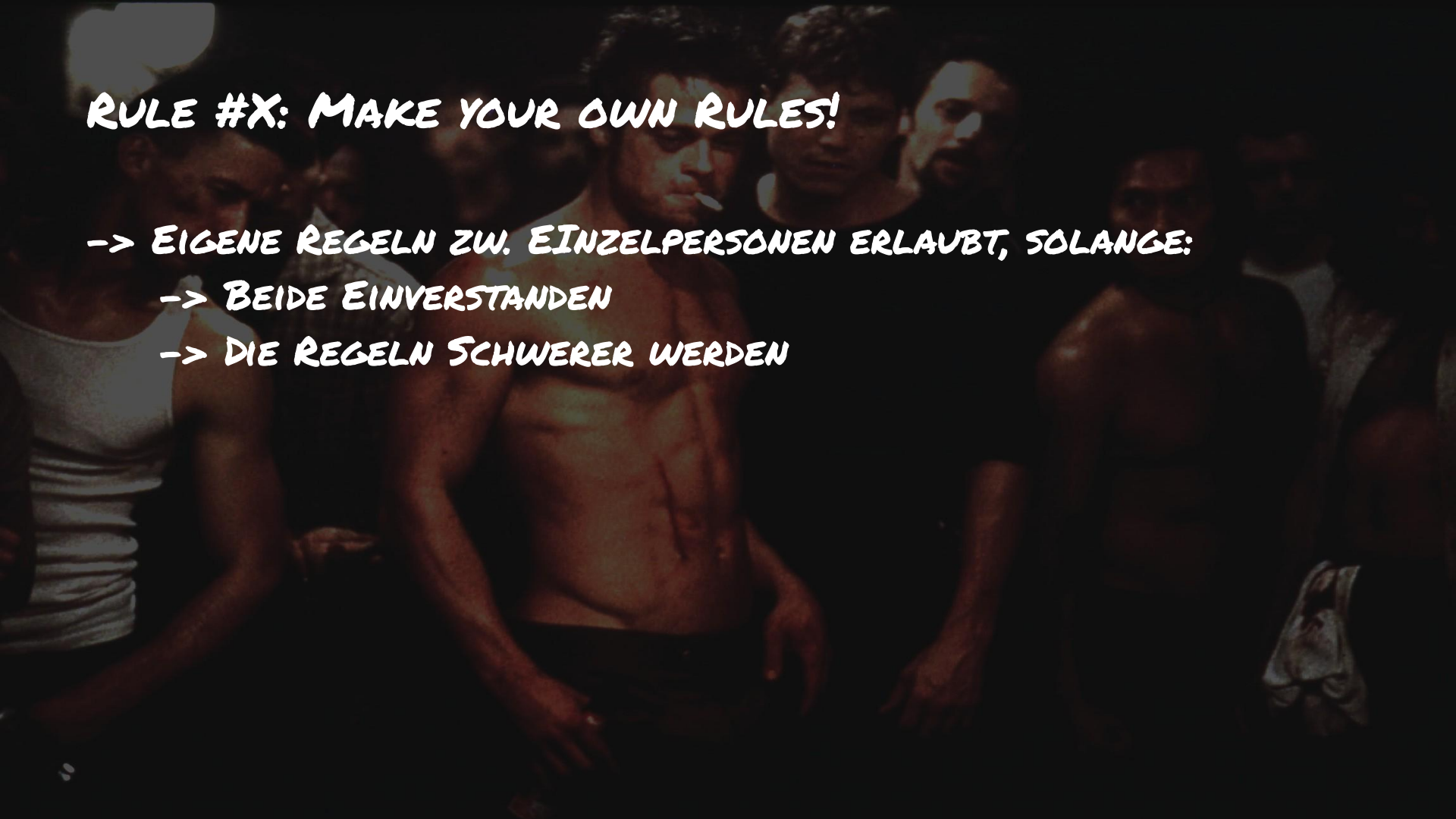
-> ZIEL IST, DASS DIE LIEGESTÜTZE AUCH GESCHAFFT WERDEN

-> KNIE, AN EINER KANTE ERLAUBT



**RULE #8: IF THIS IS YOUR FIRST TIME AT "DO THE TEN!"
CLUB, YOU DO THE TEN!**

-> BEITRITT DURCH MÜNDLICHE ZUSTIMMUNG



RULE #X: MAKE YOUR OWN RULES!

-> EIGENE REGELN ZW. EINZELPERSONEN ERLAUBT, SOLANGE:

-> BEIDE EINVERSTANDEN

-> DIE REGELN SCHWERER WERDEN