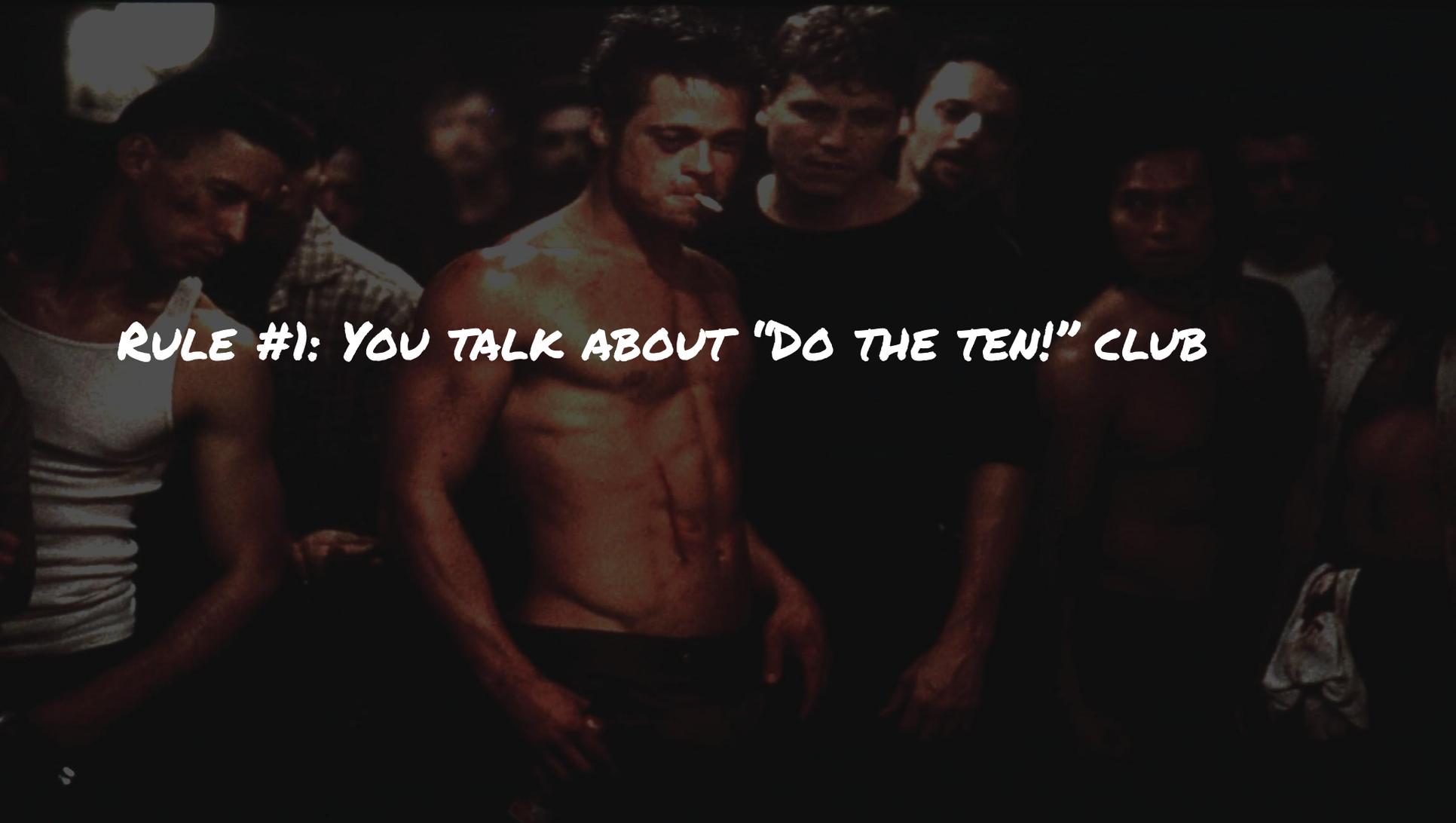


A group of men in a dark, dimly lit setting. The central figure is a shirtless man with a cigarette in his mouth, looking slightly to the right. To his left, another man in a white tank top is looking down. Other men are visible in the background, some looking towards the camera. The overall atmosphere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

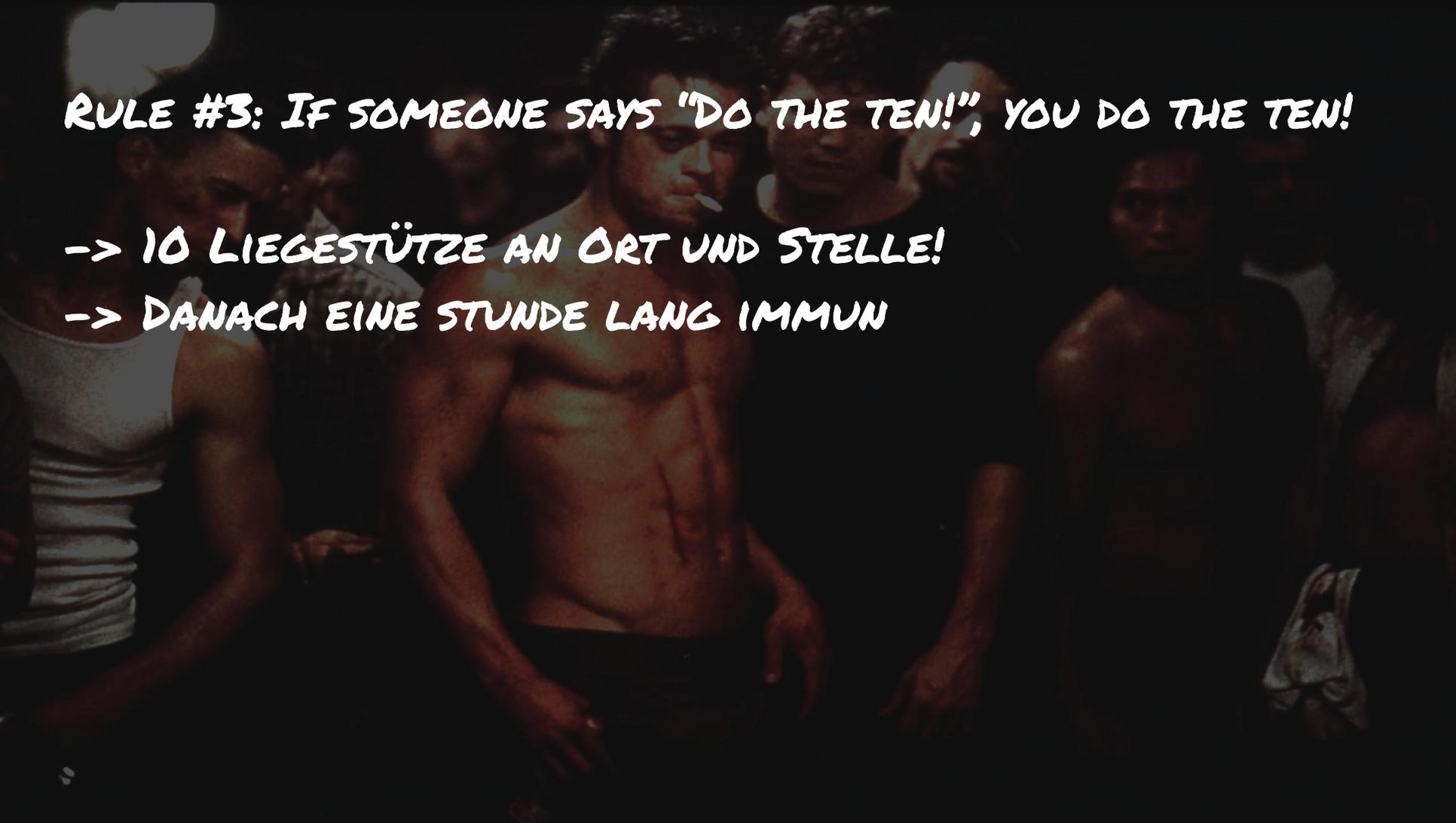
**"DO THE TEN!" CLUB**

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 in a dimly lit environment. The text "RULE #2: YOU ALWAYS TALK ABOUT 'DO THE TEN!' CLUB" is overlaid in white, bold, sans-serif font across the center of the image.

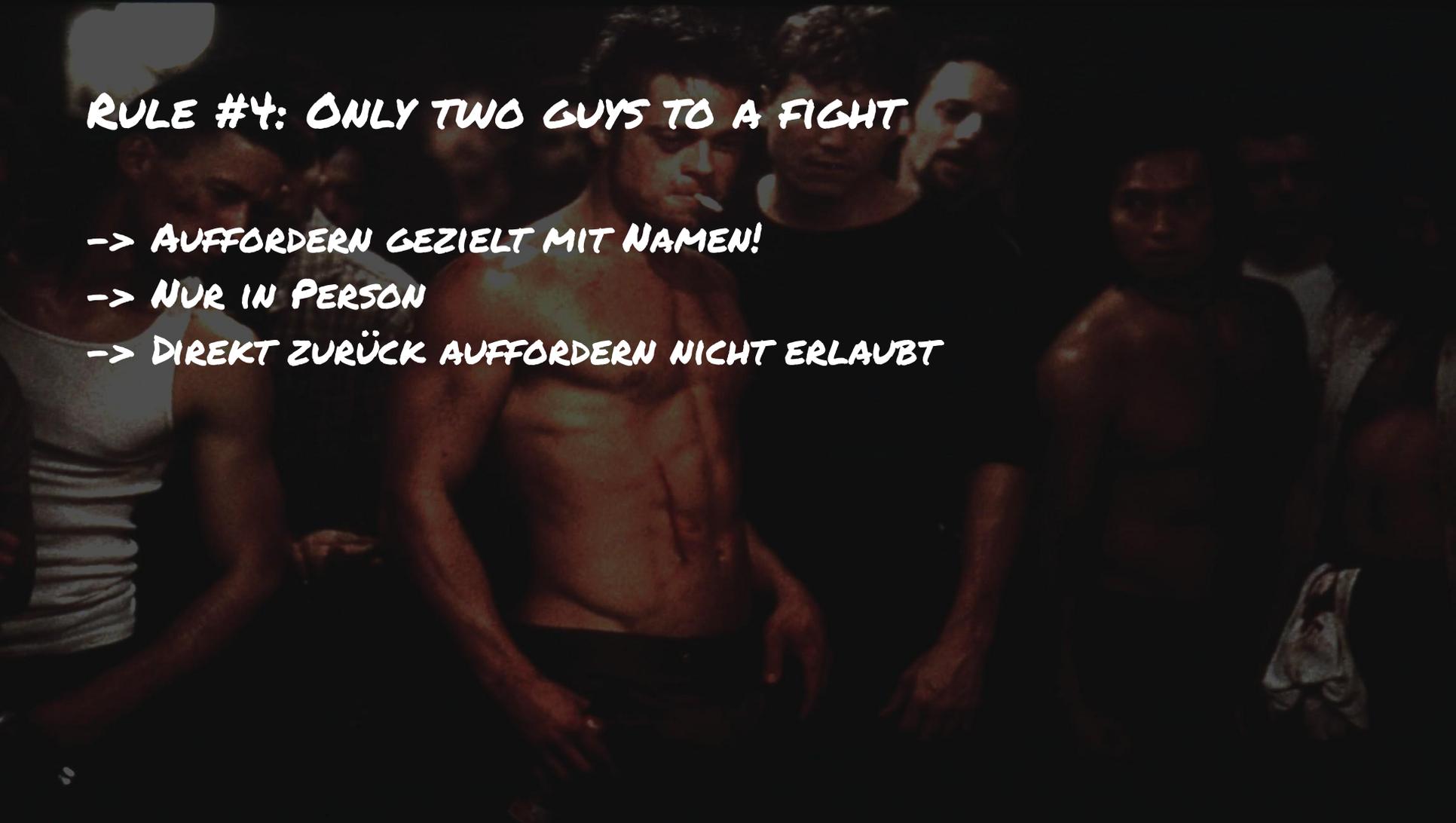
**RULE #2: YOU ALWAYS TALK ABOUT "DO THE TEN!" CLUB**



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

**-> 10 LIEGESTÜTZE AN ORT UND STELLE!**

**-> DANACH EINE STUNDE LANG IMMUN**

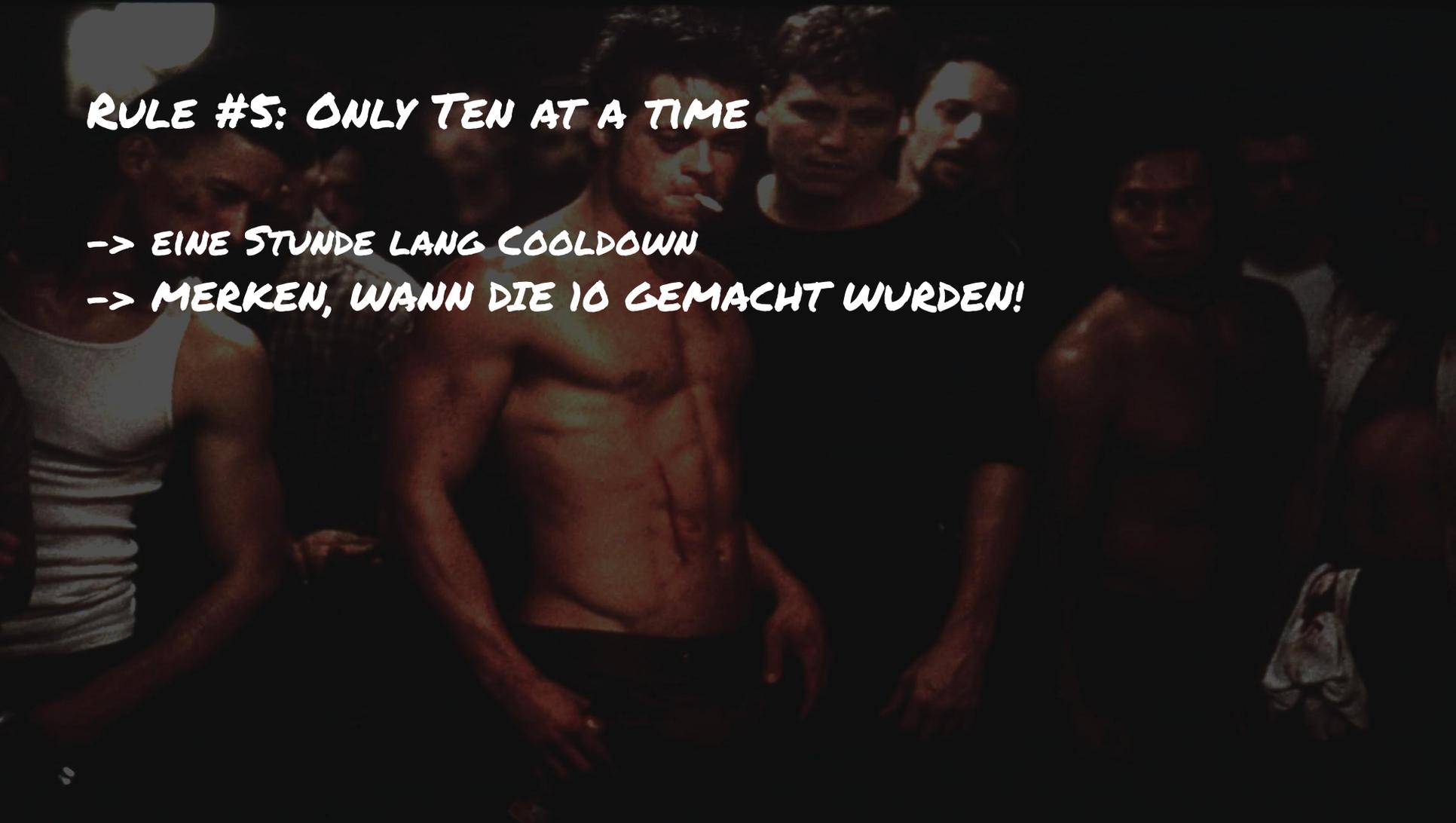


**RULE #4: ONLY TWO GUYS TO A FIGHT**

**-> AUFFORDERN GEZIELT MIT NAMEN!**

**-> NUR IN PERSON**

**-> DIREKT ZURÜCK AUFFORDERN NICHT ERLAUBT**

A group of men are gathered in a dark, dimly lit environment, likely a gym or a 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 faint lights, suggesting an indoor setting. The overall mood is gritty and focused.

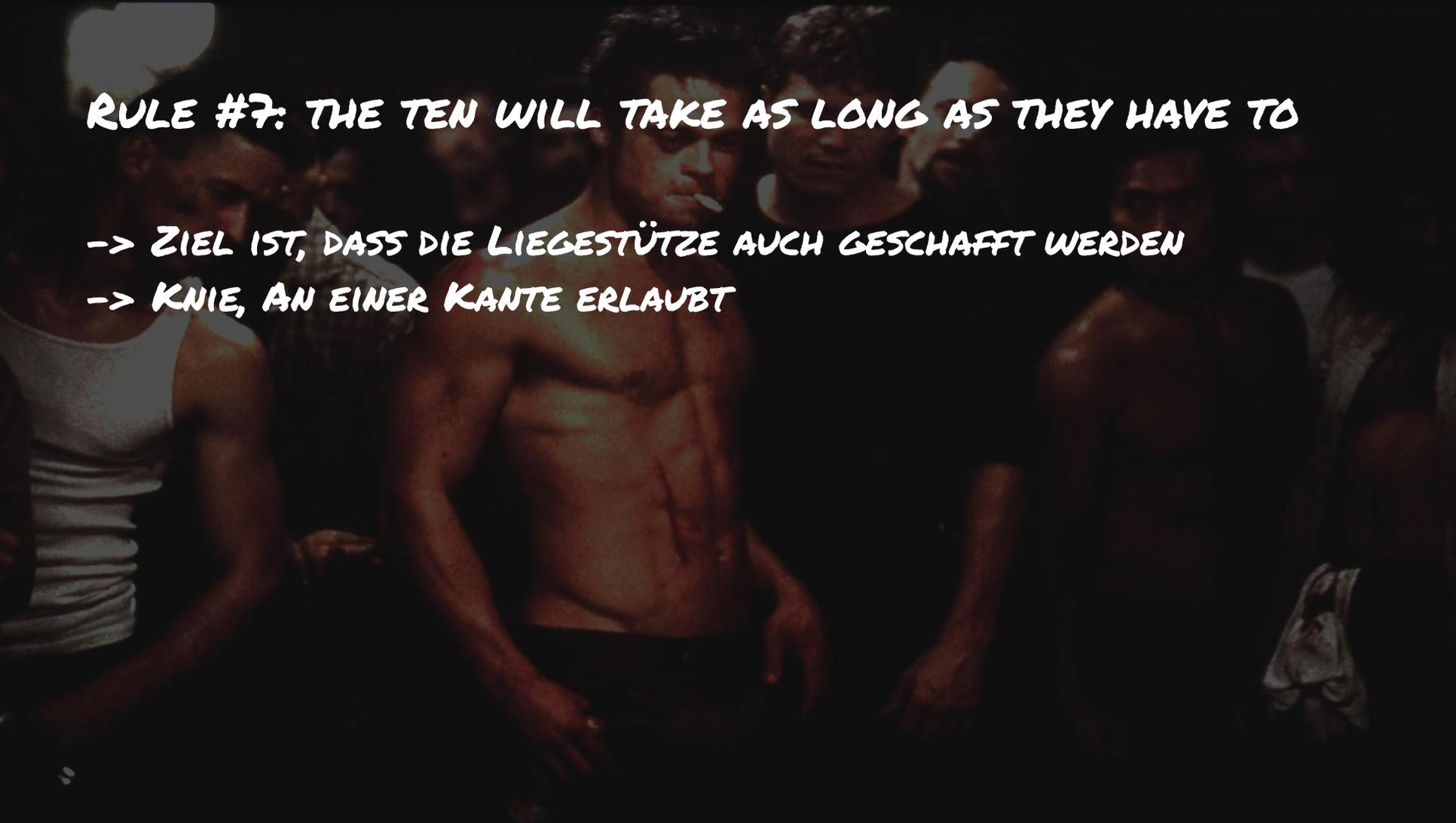
**RULE #5: ONLY TEN AT A TIME**

**-> EINE STUNDE LANG COOLDOWN**

**-> MERKEN, WANN DIE 10 GEMACHT WURDEN!**

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

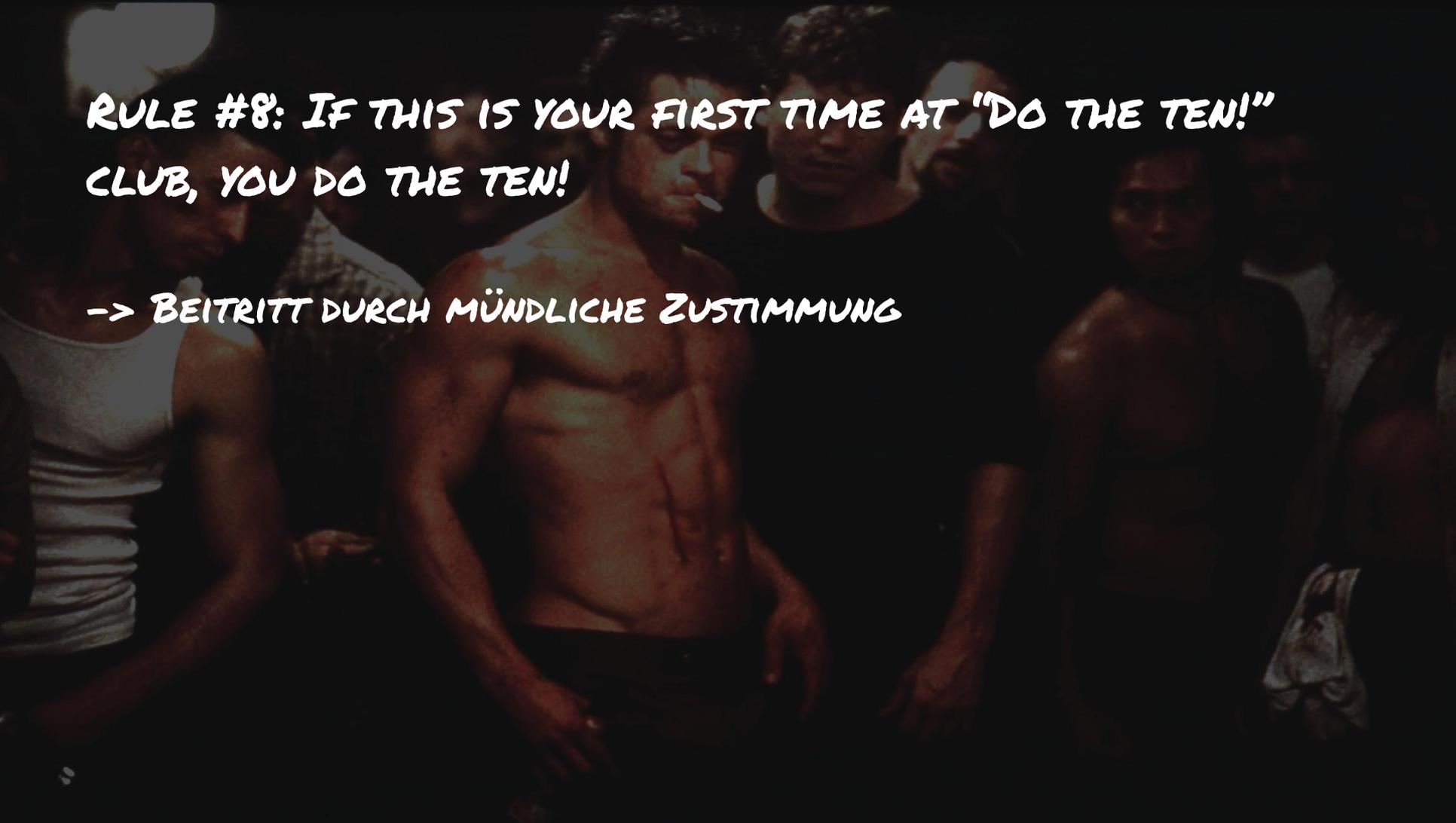




**RULE #7: THE TEN WILL TAKE AS LONG AS THEY HAVE TO**

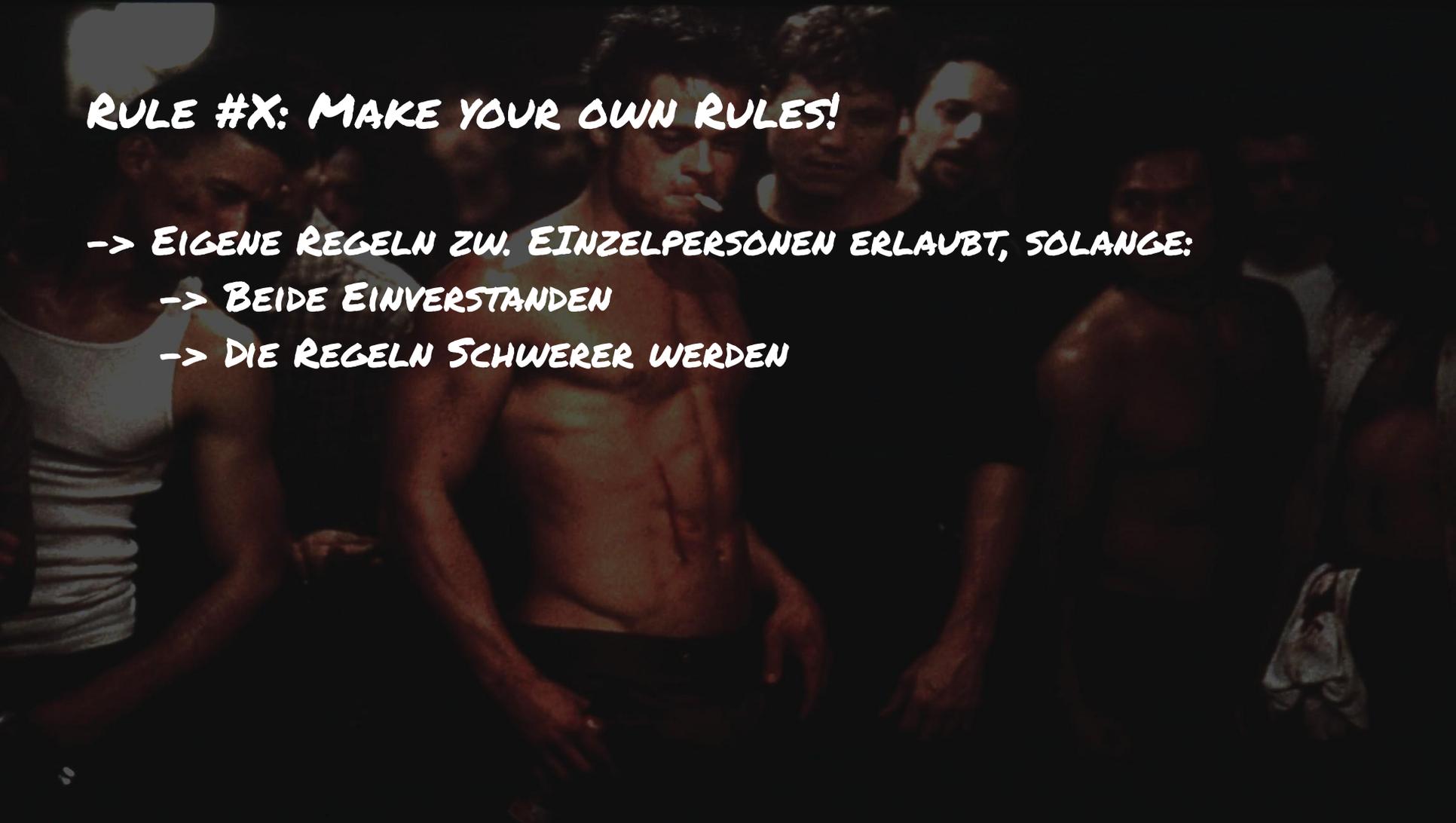
**-> ZIEL IST, DASS DIE LIEGESTÜTZE AUCH GESCHAFFT WERDEN**

**-> 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**