

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

Promotion: United Toughness Alliance
Date: April 7, 2026
Location: Proving Grounds House — Las Vegas, NV

Preview

Eight unsigned hopefuls move into a shared training house for ten weeks to fight for one UTA contract. They train, compete, clash, learn, and unravel under the eye of Scott Stevens, who acts as host, evaluator, and occasional hard-nosed mentor. Each week features a mix of house life, physical training, promo work, character development, challenges, and direct exposure to current UTA stars.

The winner does not just get a contract. They earn a place in UTA, and the audience gets to watch exactly what kind of person survived the climb.

Results

No matches or segments have been added to this event yet.

Show Credits

Results Compiled by the eFed Management Suite