

NYRA  
STUDIO

# MORE PAIN MORE GAIN

A SATIRE BODY HORROR SHORT FILM  
BY YUSGUNAWAN MARTO



# WELCOME TO KRAKATAU GYM

A man challenges his rival to prove who is the strongest in their gym in order to live up to his idol, Joni Krakatau.

MORE  
PAIN



# ***THE GYM LORE***

In Krakatau Gym, men exercise with all of their body and soul. All of them have the same wish, to be ordained by Johnny Krakatau, a prophetic idol who has surpassed all of the physical limits of a man. Jati believes that he deserves a place in Joni Krakatau's congregation more than anyone else. He challenges Abe, his arch-rival, to prove that he is the strongest in the gym.

However, when Jati fails to beat Abe and brutally tears his ligament, he learns through the pain that it isn't strength but the will to keep on going in the face of suffering that makes him a real man. Stuffed with a stomach full of Johnny Krakatau branded protein shake, Jati proceeds to lift heavier weights despite his injury. Unwilling to let Jati seize the glory he desires for himself, Abe adds even more weight to his barbell.

Hence begins the ultimate competition to prove who is the real man, as both contenders shake and tear their organs into pieces.

**MORE  
GAIN**



**ANDRI MASHADI**  
**IS**  
**JATI**



**THE ALPHA MALES**





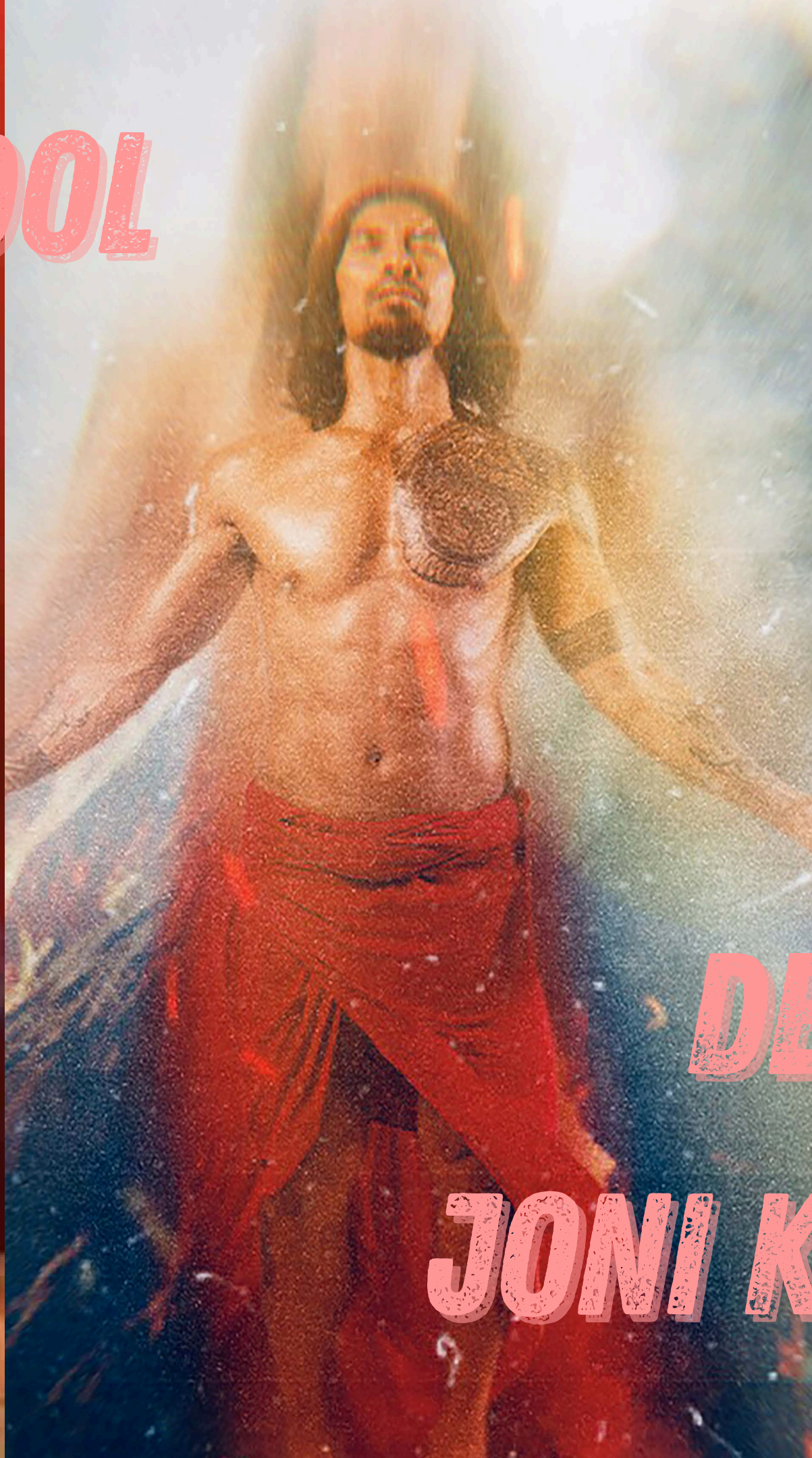
**THE ALPHA MALES**

**VOLLAND HUMONGGIO**

**IS**

**ABE**

**THE FALSE IDOL**



**DEMY MIDO**  
**IS**  
**JONI KRAKATAU**



**STILLS**



**STILLS**



# STILLS

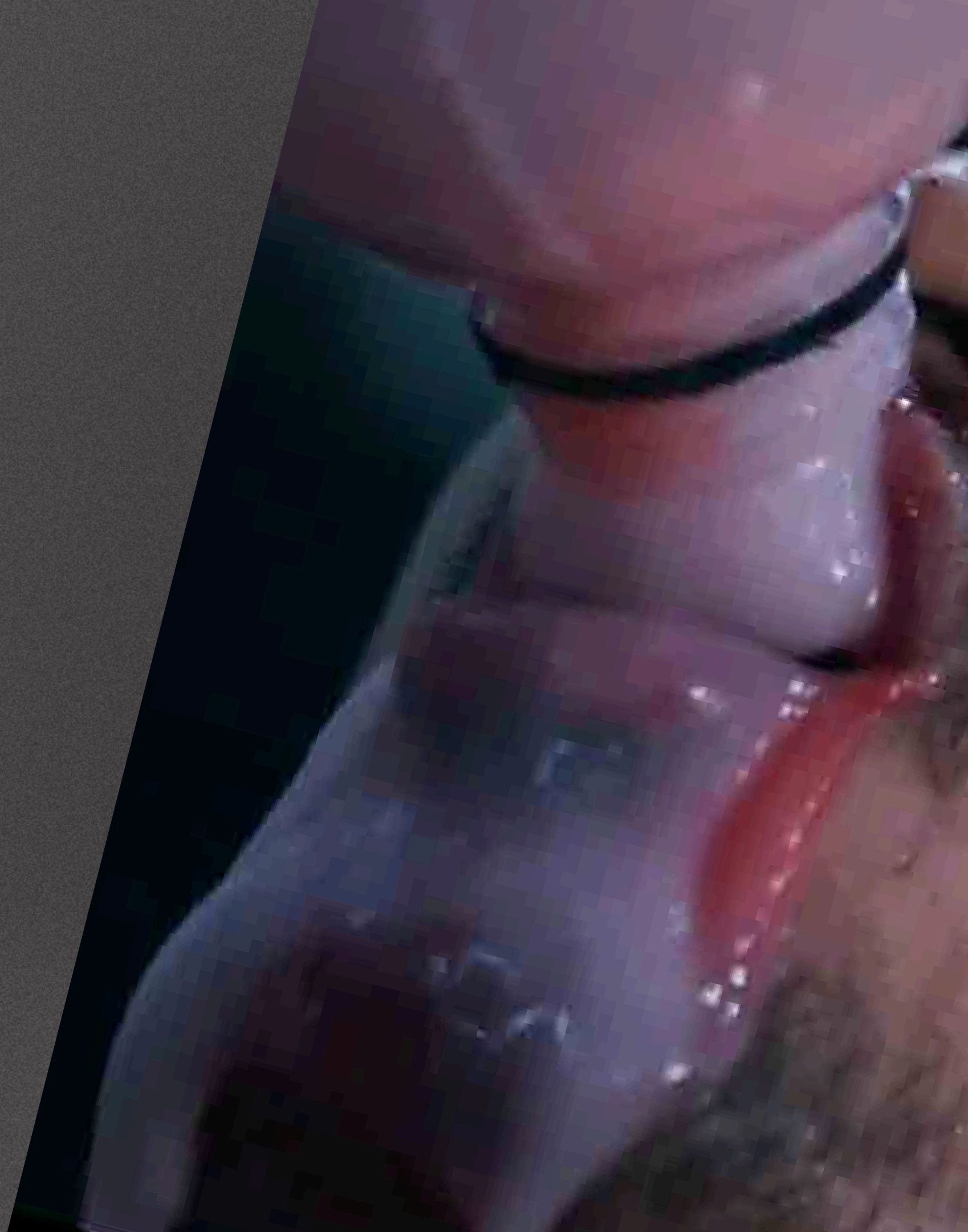


# **DIRECTOR'S STATEMENT**

I grew up hearing stories that the best of men are the ones with big dreams that chase them no matter what it takes. The men who always get back up and swallow their pain in order to reach their goals. If I don't succeed, it is because I haven't fought enough, my mentality isn't strong enough. I grew up knowing many men who endorse such point of view.

What then, if one just can't take it anymore? The body has grown weak, the heart has grown numb, the closest relationships are on the verge of collapsing. The only enjoyment left is the cheers of the spectators who only witness from afar; an iron-willed man that never gives up to any challenges.

Welcome to Krakatau Gym, a gym where strength is the symbol of success. A place where those that do not overwork are viewed as unambitious, and complacency is frowned upon as weakness.



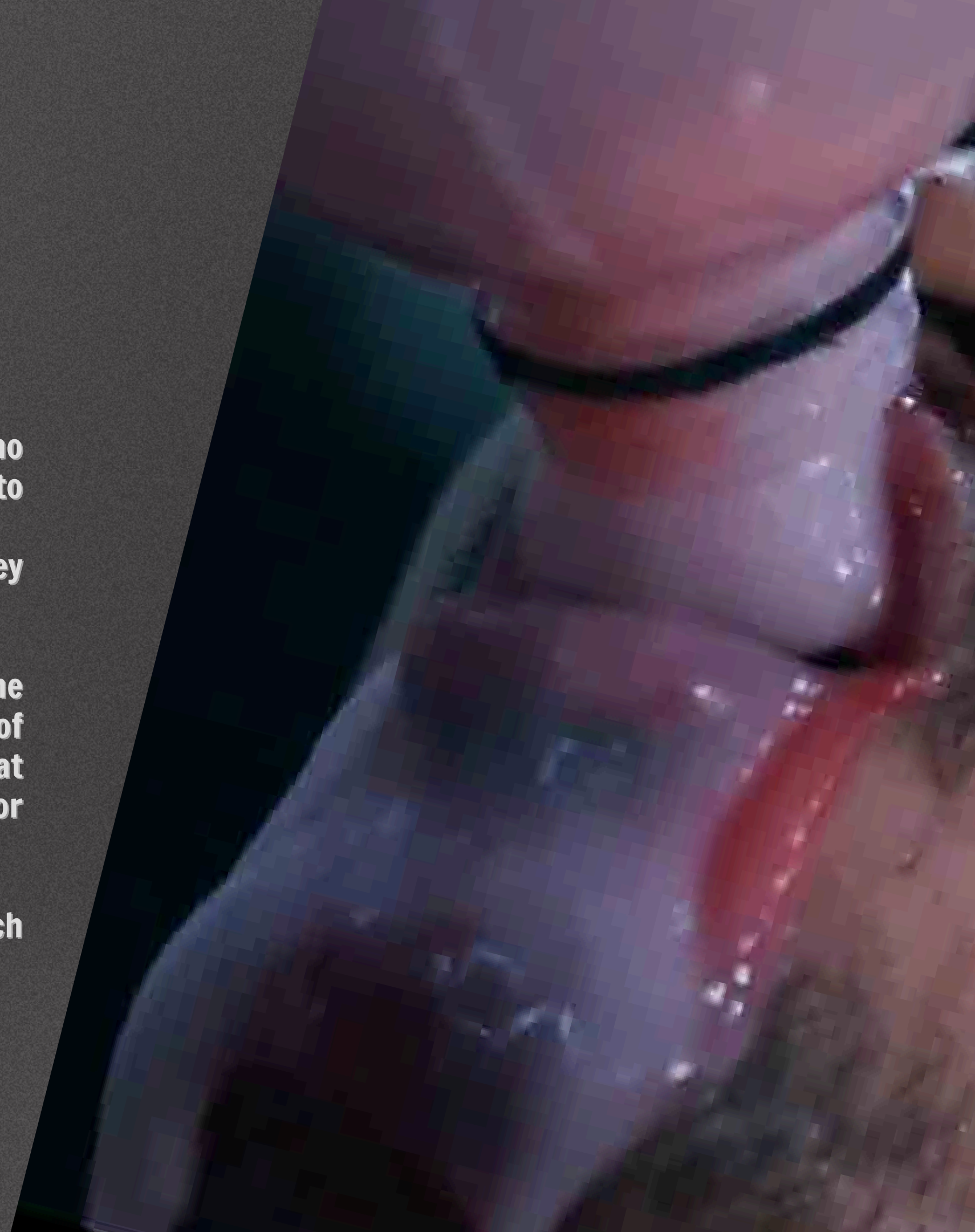
# **DIRECTOR'S STATEMENT**

Here, we will witness the competition between Abe and Jati, two dreamers who are determined to prove that they have the strongest will in order to live up to their idol, Johny Krakatau, a figure that represents ultimate success. Ruptured muscles and dislocated joints they endure with dignity, as they continue to lift ever-increasing amount of weights.

At the end of the day, what does the winner gain? An acknowledgment that he has what it takes, even though he has lost everything else. But in the eyes of the men who watch him, he is the figure of a true man who endure blood, sweat and tears to achieve his dream, worthy of admiration and exemplary for success.

That is why I decided to make a film that is as absurd as the futility of such competition. I hope you enjoy our film.

- **YUSGUNAWAN MARTO, Director & Screenwriter**



# **DIRECTOR'S PROFILE**

Raised in a family of businesspeople, Yusgunawan was taught at an early age that success is measured by how much money one makes and how much achievement one has at a young age. However, it was this pressure to always live up to expectations that drew him to classical Hollywood movies when he was little, viewing it as a medium of escape where the underdog often wins.

After graduating from the Art Institute of Houston in 2013, he felt that he would not be able to pay his bills if he continued down an idealistic path, and so decided to enter the world of advertisement. However, the extremely competitive and grueling commercial directing landscape eventually burned him out, and that was how he got the inspiration for More Pain More Pain.

Although he continues to make commercials for a living, Yusgunawan hopes that this film will be the first of many that he writes and directs, which will be raw, visceral, exciting, but ultimately tragic and heartbreaking.



# **DIRECTOR'S PROFILE**

## **NOTABLE CREDITS**

- 1. Panadol: Pain Phone (2023) regional TVC**
- 2. Dove: My Hair My Say (2022) regional TVC**
- 3. Cle De Peau Beaute: Power of Radiance Award (2021) digital ad**
- 4. Kamera Pengintai (2019) short film**
- 5. Diah (2017) short film**
- 6. Law Abiding Angels (2016) short film**
  - Indonesian Short Film Festival (ISFF) 2016: Winner - Best International Film**
  - Santa Fe Film Festival 2016: Official Selection**
- 7. Donovan (2014) short film**
  - Gulf Coast Film & Video Festival 2014: Winner - Best Student Short**
  - Watersprite Cambridge Film Festival 2013: Nominated - Best Cinematography**



# TECHNICAL SPECS

Genre

**SATIRE/BODY HORROR/DRAMA/DARK COMEDY**

Production Year

**2024**

Country of Origin and Language

**INDONESIAN/BAHASA INDONESIA**

Run Time

**12 MIN AND 40 SEC**

Production Company

**NYRA Studio**

Socials

**[COMPANY WEBSITE](#)**

**[FILM LETTERBOXD](#)**

**KRAKATEIN, MY WHEY, YOUR WAY**



**FOLLOW THE BEST  
BECOME THE BEST**

# ABOUT NYRA STUDIO

Founded in 2019, NYRA Studio has embarked on a captivating journey, initially weaving the artistry of short documentary filmmaking and subsequently flourishing into a haven of complete production services for advertisements and commercial series. NYRA have created a rich tapestry of diverse content for a spectrum of clients. From the eloquence of company profiles to the enchantment of episodic series, NYRA's portfolio is an ever-expanding garden of creativity.

NYRA in their two founders, Nadina Habsjah and Adhytia Putra which are the producer of MORE PAIN MORE GAIN, has co-produced several series for [Vidio.com](https://www.vidio.com). And with Muhammad Omar Azis onboard in this project as Producer, between the three of them, they have produced series such as RATU ADIL (2024), CIGARETTE GIRL (2023), KATARSIS (2023) and CODE HELIX (2022).



# SEE YOU AT THE GYM!

NYRA  
STUDIO



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