Outstanding Cinematography For A Reality Program

**American Ninja Warrior**
Men and women athletes from around the country test themselves by trying to conquer a series of challenging obstacle courses. The top competitors move on to the National Finals in Las Vegas, with hopes of winning the Million Dollar grand prize.

**Beat Bobby Flay**
It's Gonna Be A Late Night
Skilled chefs compete for the opportunity to cook against culinary master Bobby Flay in Beat Bobby Flay. The action starts with two talented cooks going head-to-head in a culinary battle, and the winner proceeds to round two for the ultimate food face-off against the famed chef.

**Below Deck**
Weekend At Brandy's
Last year's primary guests return, but this time their friends take center stage. Chef Kevin confronts stewardess Simone over a lackluster service experience and deckhand Abbi continues to struggle with consequences looming. Kevin scrambles to put together a seafood extravaganza, while Captain Lee is left unimpressed with dinner.

**The Big Flower Fight**
Sea Creatures
Vying for a spot in the semifinals, the teams build their biggest sculptures yet: whimsical sea creatures made from coastal plants and beach waste.

**Born This Way**
The Born This Way cast gather together for a holiday party to celebrate and take stock on how much they've grown over the last four years. The party is one to remember, from the competitive secret gift exchange to the Ugly Sweater contest, igniting the competitive spirit of the families.

**Car Masters: Rust To Riches**
Electric Drag
With the new shop open for business, the Gotham crew upgrades a 1953 Buick Special and then attempts a first: converting a gas engine to electric.

**The Challenge: Total Madness**
Twenty eight players face an intimidating first challenge, "Battle Lines", and then move into the most shocking living conditions in Challenge history. A new alliance threatens to topple the game while a stunning twist at elimination changes everyone's expectations.

**Cheer**
Hit Zero
The pressure's palpable when a serious injury forces Monica to make substitutions. Lexi and Gabi struggle to balance school, cheer, and social media.
Chopped
Thanksgiving Heroes
Chopped is a cooking competition show that is all about skill, speed and ingenuity where four up-and-coming chefs compete before three expert judges and take everyday items and turn them into an extraordinary three-course-meal. Course by course, the chefs will be chopped from the competition until one winner remains.

Couples Therapy
Episode 101
Annie and Mau revisit a traumatic birthday. Elaine calls DeSean twenty times a day and he's fed up. Sarah wants a baby, but Lauren isn't ready. Three months into therapy, Evelyn and Alan make a painful decision. Dr. Orna Guralnik wrestles with an overwhelming sense of responsibility.

The Curse Of Oak Island
To Boulderly Go
Time to investigate the uplands of Smiths cove is quickly running out, so Rick goes to extreme and dangerous measures to get answers.

Deadliest Catch
Cold War Rivals
For the first time ever, the Alaskan Crab Fleet faces off with their largest single competitor: The Russians - igniting one of the most cutthroat fishing seasons on record. Now, captains charge into a head-to-head battle royal for a multi-million-dollar payday and the future of their industry.

ENCORE!
The Sound Of Music
Twenty-seven years after students from Michigan's Flint Central High School performed "The Sound of Music," the cast returns to reprise their roles with the help of Broadway professionals. As they reconnect, these friends wrestle with the past, struggle with the present and reconnect in ways that will after their future.

Extreme Makeover: Home Edition
A refugee family in Ogden, UT receives a modern-tropical home.

Flirty Dancing
Two single nonprofessional dancers are separately taught the same routine. In an elaborately cinematic first date, they meet for the first time and perform the dance together. Choosing to film the dances in a true anamorphic format proved to be challenging, yet cinematically and visually rewarding.

Game On!
Celebrity Guests: Ronda Rousey & Demi Lovato
In this Game On! challenge, Keegan-Michael Key and Rob Gronkowski battle each other in the air, competing in a "dogfight" where they each fly a World War 2 style combat plane, while Bobby Lee cheers them on from the ground.

The Grand Tour Presents... Seamen
Clarkson, Hammond and May take a one time only break from cars and set out on an epic journey across Cambodia and Vietnam...in boats. This adventure packed voyage sees the hapless trio experience thrills, spills and genuine danger as they try to navigate their way through the Mekong Delta.
Haunted

Cult Of Torture

A scarred man shares details of the hellish abuse he endured in a brutal gay conversion program at the New Bethany Home for Boys.

Hyperdrive

Qualifier 1: Ready to Launch

The amped-up drivers get their first experience on the course, but not everyone has what it takes to dominate behind the wheel.

Intervention

The Heroin Hub: Chapter 1

Kensington Philadelphia is the east coast’s largest open-air drug market. Our interventionist’s meet Nicole, a 39-year-old heroin addict who is now prostituting herself on the streets to feed her addiction. Also featured is 22-year-old Janine whose father’s fatal overdose sent her on a spiral.

Kevin Hart: Don’t F**k This Up

Don’t Be A Bitch

Kevin examines his relationship with his father. He also introduces his wife and “road warriors” before getting blindsided by controversy.

Legendary

Welcome To My House

Series premiere. The Grand March finds eight iconic voguing Houses leaving it all on the floor to claim the first “Superior House” title.

Life Below Zero

The New World

On the season finale of Life Below Zero, Jessie races the clock to build a permanent home on his new land, Sue travels to the Arctic National Wildlife Refuge, and The Hailstones all gather in Kiwalik.

Live PD

June 15, 2019

An Oklahoma Trooper uses a pit maneuver to end a high-speed chase on the highway. During a traffic stop in Santa Fe, NM, a police officer is pricked by a syringe while patting down a suspect. A suspect is arrested at home on an outstanding warrant in East Providence, RI.

Love Is Blind

First Night Together

The twists and turns keep coming. Giannina redefines the rules, Barnett makes a surprising decision, and the engaged couples depart for paradise.

Making It

A Shed Hack Staycation

Makers must transform an ordinary tool shed into a dream destination, a space representing their ideal vacation get-away. It’s a good old-fashioned Shed Hack, “Staycation” style.
Making The Cut
Heidi And Tim Are Back
Heidi Klum and Tim Gunn welcome 12 designers to New York, revealing their first fashion show will be at the Eiffel tower in Paris. These hopeful designers' styles will be judged by some of fashion’s most famous names including Naomi Campbell, Nicole Richie, Joseph Altuzarra and Carine Roitfeld.

Nailed It!
One Fail, Two Fail, I Fail, You Fail
A Seuss-inspired sugary feast of green eggs, ham and the Grinch's roast beast. Would they, could they, ace these cakes? Sadly, no. They cannot bake.

Naked And Afraid
Naked And Ghosted
All-star survivalists Trent and Sarah take on their toughest challenge yet in a brutal jungle of Mexico, a place locals believe to be haunted by Mayan spirits. From Day One, the torrential downpours, eerie noises, and violent thunderstorms threaten to destroy them.

Next In Fashion
Rock
Goth, grunge & punk: Attitude is everything as the designers flirt with danger (read: leather) and flaunt fake fur for Christopher Kane and Beth Ditto.

Property Brothers: Forever Home
JD And Annalee
Drew and Jonathan’s brother JD bought a bachelor pad in a historic Las Vegas neighborhood eight years ago. Since then, he's met the love of his life and recently proposed to her. With the wedding just a few months away, JD and his fiancée Annalee want the outdated abode transformed.

Queer Eye
We're In Japan!: Japanese Holiday
Sweet hospice nurse Yoko has given up on "being a woman" and surrendered to neglect. But the Fab Five will show her just how much she deserves love.

Regular Heroes
A New World, A New Brand Of Hero
Regular Heroes is an eight-episode docuseries highlighting the contributions and personal sacrifices of just some of today’s most generous individuals who go above and beyond to support their communities during the Covid-19 crisis.

Restaurant: Impossible
Saving A Pastor's Passion
Turning around a failing restaurant is a daunting challenge under the best of circumstances. Attempting to do it in just two days may be impossible, but Robert Irvine is ready for the challenge. He'll use a little MacGyver and a lot of muscle to rescue desperate places from collapse.

Rhythm + Flow
Los Angeles Auditions
The judges kick off the search as T.I. drops in on Nipsey Hussle, Cardi B taps Snoop Dogg, and Chance checks out Anderson .Paak's picks.
**Running Wild With Bear Grylls**
Rob Riggle In Iceland
Actor Rob Riggle joins Bear Grylls on an adventure through Iceland’s Vatnajökull Glacier.

**RuPaul’s Drag Race**
“RuPaul’s Drag Race” introduces 13 new queens who are ready to pledge allegiance to the drag. In the premiere, Nicki Minaj guest judges the new cast. The first step toward the crown is having to write and perform an original rap number.

**Savage Builds**
Wheel Of Death
Adam Savage and a NASA engineer team up to build a rocket-propelled experimental superweapon that could have changed the course of World War II, and using cutting-edge tech, they try to make this notorious engineering failure an explosive success.

**Sex Life**
This Is My Sex Life
Sex Life is a voyeuristic documentary series about titillating sexual and erotic experiences.

**Styling Hollywood**
Black Girl Magic
Awards season kicks off with Jason dressing Taraji P. Henson, Yara Shahidi and Zazie Beetz for the Emmys. But one gown may trip up his glam plans.

**The Substitute**
John Cena
John Cena is transformed by a team of special effects artists to go undercover as a substitute teacher to surprise a class of unsuspecting students.

**Sugar Rush**
Christmas Spirit
From edible ugly sweaters to boozy cupcakes, these creative desserts are screaming Christmas spirit. Guest judge: YouTube star Liza Kosky.

**Survivor**
The premier episode of the 40th season of Survivor sees twenty previous winners return to battle it out to see who will be crowned greatest of all time. 2 gruelling challenges, 2 Tribal Councils and 2 people sent to the edge of extinction.

**Too Hot To Handle**
Two's Company, Three's A ... Threesome
Bryce settles in, much to the delight of Chloe. The group practices nonverbal communication, and connections evolve. Lana introduces a new accessory.

**We’re Here**
Farmington, New Mexico
The Queens visit the Four Corners area of New Mexico where they meet a mother and daughter mourning a family member who committed suicide, a public defender who runs a local LGBTQ charity, and an indigenous, gay photographer trying to bring attention to the Native community.