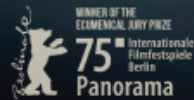


SOUTH AFRICA'S OFFICIAL ENTRY TO THE
98TH ACADEMY AWARDS®
FOR
BEST INTERNATIONAL FEATURE FILM

THE H E A R T IS A M U S C L E



A FILM BY **IMRAN HAMDULAY**

INDIGENOUS FILM DISTRIBUTION PRESENTS A START FILM COMPANY PRODUCTION
CO-PRODUCED BY THE RED SEA FUND AND PRODUCED BY THE NATIONAL FILM AND VIDEO FOUNDATION OF SOUTH AFRICA
STARRING KEENAN ABRISON MELISSA DE VRIES DEAN MARAIS RIDAA ADAMS DANNY ROSS LOREN LOUISER ROOYN ROSSOUW COSTUME DESIGNER TROY PULSE AND LINCOLN VAN WYK
EDITED BY IMRAN HAMDULAY PRODUCTION DESIGNER IMRAN HAMDULAY MUSIC BY KHOSIE DALI DIRECTOR OF PHOTOGRAPHY BRETT MICHAEL INNES EXECUTIVE PRODUCERS LESLEY-ANN BRANDT ADAM THAI P.G.A.
PRODUCED BY ADAM THAI CO-PRODUCED BY IMRAN HAMDULAY EXECUTIVE PRODUCERS SASKIA ROSENBERG HAAK TEBOGO MALDPE TRISTAN HOLMES PRODUCED BY IMRAN HAMDULAY AND TONY TAYLOR
WRITTEN BY PAUL SPIERS DIRECTED BY IMRAN HAMDULAY CASTING DIRECTOR LYNNE LE ROUX COSTUME DESIGNER TROY PULSE EXECUTIVE PRODUCERS TONY TAYLOR



INDIGENOUS FILM DISTRIBUTION presents a STAR FILM COMPANY production co-produced by
THE RED SEA FILM FUND in association with THE NATIONAL FILM & VIDEO FOUNDATION OF
SOUTH AFRICA

A Film by Imran Hamdulay

THE HEART IS A MUSCLE

Starring

KEENAN ARRISON

DEAN MARAIS

MELISSA DE VRIES

DANNY ROSS

RIDAA ADAMS

LOREN LOUBSER

ROBYN ROSSOUW

Introducing

LINCOLN VAN WYK

TROY PAULSE

With

EB INGLIS

MARLON SWART

AYDEN CROY

MUNEEL JACOBS

Written and Directed by

IMRAN HAMDULAY

Produced by
ADAM THAL, p.g.a
IMRAN HAMDULAY
KHOSIE DALI
BRETT MICHAEL INNES
LESLEY-ANN BRANDT

Executive Producer
ADAM THAL

Director of Photography
KABEER SHAIK

Editor
PAUL SPEIRS

Music and Composition
TAPIWA MUSVOSVI

[The Heart Is A Muscle \(2025\) - IMDb](#)

Press Release [Here](#)

SPECIFICATIONS

Genre:	Drama
Running Time:	86 mins
Language:	English
Filming Locations:	Cape Town, South Africa
Production Companies:	
Country of Origin:	South Africa
Format:	
FPB Rating:	
Release Date:	

SYNOPSIS

Logline

At a barbecue, Ryan's five-year-old son briefly goes missing. Ryan's violent reaction to this scare sets off a chain of events and unearths secrets from the past. A journey of self-discovery and forgiveness begins.

Short Synopsis

In Cape Town, a group of friends are having a barbecue. The day is disrupted when Ryan's son goes missing. Taking place over one weekend, this sparks a series of incidents which puts a strain on Ryan, his friendships, and his marriage. Ryan's destructive actions while desperately searching for his son spark more arguments and unknown events from the past are revealed, while Ryan continues to find himself in difficult situations, despite his best intentions.

The Heart Is A Muscle is a humanist drama about generational healing and forgiveness, and a man learning that in order to be a better father, husband and friend, he must first learn to forgive himself.

Long Synopsis

The Heart Is A Muscle follows Ryan and his group of close friends - all in their mid-30's - celebrating his son's 5th birthday party. Ryan, kind but with a dark past, is a doting father to Jude. Ryan and Laila, his wife, have their hands full today. His close friends and their partners are over for a barbecue, the football is on soon, kids running amok, all the while friends laughing and catching up. The pleasant day, however, is disrupted when Jude goes missing.

Nervy frustration quickly escalates, panic ensues. The house has been searched top to bottom. He is not here. The search begins. It's frantic and everyone is concerned. Someone goes to the local park; another canvasses the grocery stores in the surrounding area. Frantic calls are made while the police still haven't arrived. As the minutes tick by, some in the group begin to grow agitated. The seriousness of the situation reveals parts of themselves they haven't shown before. A call arrives:

Jude was seen in a nearby neighbourhood ruled by gangs. Ryan arrives and beats up a local man, Andre, after wrongly suspecting he might be involved. It begins to feel desperate.

After a short while, Jude is found. He had been hiding nearby and innocently thought this was a funny prank. Ryan arrives and immediately slaps his son across the face. This sparks another furious row between the friends and couples. They now start to really turn on each other. Unknown events from the past are brought up and secrets of Ryan's past are partially revealed.

That evening Andre returns and demands money, or he will go to the police. Andre too has a 5-year-old son, named Lesley. Ryan pays him but he is now also filled with guilt and shame. Ryan then takes it upon himself to help Andre in his daily life, maybe help him be a better father, but Ryan is really trying to fix himself too. While spending time together it is revealed Ryan and Andre know each other through a violent incident which happened when they were teenagers in which Ryan was the perpetrator. This only deepens Ryan wanting to remedy his actions, past and present. But he falls further and has a breakdown, revealing his secret to Laila. This allows him to be closer to his wife and for the first time deal with his past actions and the violence passed to him from his father.

But when Andre disappears for a night, Ryan takes it upon himself to look after Lesley. In doing so, has unknowingly kidnapped someone else's child. Realising the situation, he and Laila call the police. After they arrive, Andre knocks on the door looking for his son. This sparks a furious argument between everybody, each blaming the other for negligence, amongst other things. After resisting threats of arrest, with the help of his son's new friendship with Andre's kid Lesley, Ryan makes peace with himself and his actions and volunteers to go into police custody and, in doing so, takes responsibility for his actions.

The Heart Is A Muscle is a hip-hop influenced, humanist drama about a young father trying to be the best version of himself while trying to overcome his past and present actions.

DIRECTOR'S STATEMENT – Imran Hamdulay

THE HEART IS A MUSCLE was inspired by an incident that happened at a friend's barbecue in much the same way it does in the film. My friend's kid was found very quickly but this got me thinking about this moment in my life when my friends and I entered a very new, very adult stage of our lives. We're at a moment where we're now facing some of the similar challenges our parents had faced, albeit in a very different world.

My intention is to make a film about a man trying to be the best version of himself in a difficult situation. Because of some of the things he's done, the way he's acted in the past, he is filled with guilt and shame. We watch his journey as he slowly discovers that to become the person he wants to be, he needs to learn to forgive himself.

With a key theme of the film being the role of fathers in our lives, I am looking to explore not just intergenerational trauma, but also generational healing and forgiveness. I am not looking to justify problematic behaviour; I am instead trying to explore questions that are difficult to answer in a single sentence. In the end, I want to examine the characters and relationships with compassion, without judgement.

This film is my attempt at deconstructing masculinity and a way for me to wrestle with these questions but also try to be non-judgemental about the characters and the choices they make. To treat Ryan as a complex person who needs time to figure out this new stage of his life while still trying to overcome his past.

ABOUT THE FILMMAKERS

INDIGENOUS FILM DISTRIBUTION

Indigenous Film Distribution, established in 2009, is South Africa's leading niche film distributor.

Over the past decade, the company has distributed more than 60 films.

IMRAN HAMDULAY – Producer / Writer / Director

Imran Hamdulay is a writer and director based in Cape Town, South Africa. He is a Berlinale Talents alumni & Film Independent fellow. He was the recipient of the Robert Bosch Stiftung award and was featured on CNN Inside Africa as one of Africa's directors to watch. His debut feature, "The Heart Is A Muscle," premiered at the 75th Berlin International Film Festival. His most recent short film, "The Wait," (2023) premiered at the 3rd edition of the Red Sea International Film Festival and won best short film at the 45th Durban International Film Festival.

Imran also produced the crime-thriller "Sons of the Sea," (2021) which premiered at Cinequest (USA). The film went on to win Best Feature Film at the 43rd Durban International Film Festival. His screenplays have featured at various international markets including IFFR Producer's Lab, Cannes Marche du Film, EAVE and Gotham Film Week amongst others.

KHOSIE DALI - Producer

Khosie Dali is a Cape Town-based film producer and the founder of Miss K Productions, a boutique production house specializing in narrative fiction.

Khosie's producing journey is built on a foundation of experience shaped by prestigious programs and fellowships. She is a Global Media Maker Fellow and an alumnus of acclaimed initiatives such as the Rotterdam Lab, EAVE Producers Lab, and the Realness Institute.

Her debut film, "Sons of the Sea," (2021) a gripping crime thriller, premiered at CineQuest in Los Angeles and won the Best South African Film Award at the 43rd Durban International Film Festival.

Khosie recently produced her second feature, "The Heart Is A Muscle," directed by Imran Hamdulay, which is set to have its international premiere at Berlinale.

Her upcoming feature, “Vlees,” explores the story of a family grappling with the aftermath of a 1994 car accident that claimed their daughter’s life and left the mother quadriplegic. Her latest project in development, “Eziko,” follows a young academic’s journey to the Eastern Cape in search of her long-lost sister.

BRETT MICHAEL INNES – Producer

Born in Johannesburg, South Africa, Brett Michael Innes is a bestselling author and South African Film and Television Award-winning writer, director, and producer. He has had features and shorts that have premiered in competition at festivals like Berlinale, Sundance, IFFR, Tallinn Black Nights, Atlanta, IFFK, Sydney and Urbanworld while two of his features – “Sink” (2018) and “Fiela se Kind” (2019) - were awarded the SAFTA for Best Film and Best Screenplay in their respective years. He recently entered the world of television, directing on the UK series “Catch Me a Killer,” and is currently directing on the second season of the Netflix ‘Global Top 10’ Original, “Unseen”.

ADAM THAL - Executive Producer

Adam Thal is the Founder and Executive Producer of The Star Film Company, a dynamic film production company he established 22 years ago. Throughout his career, Adam has demonstrated a passion for discovering untold stories and empowering emerging talent, shaping The Star Film Company into a respected player in the film industry. Under his leadership, the company has produced a series of critically acclaimed and commercially successful projects that span a range of genres and formats.

Two of the company’s recent works are currently streaming on Prime Video: “The Fragile King” (2023), written and directed by Tristan Holmes and co-produced with The Ergo Company, and “The Fury” (2022). In addition, Adam is preparing to launch a highly anticipated TV series, “Go,” on Netflix on March 21, 2025, which showcases his commitment to expanding into new formats and reaching diverse audiences.

Adam’s work as an Executive Producer and Producer has also been instrumental in the success of “Rise: The Siya Kolisi Story,” (2023) a powerful documentary that won the Audience Award at the Tribeca Film Festival in 2023. His involvement in “The Last Ranger,” (2023) a short film nominated for the 2025 Oscars in the Best Short Film category, underscores his ongoing commitment to producing high-quality content that resonates globally.

Driven by a mission to find niche, compelling stories that captivate audiences, Adam has always focused on providing young, debut film directors with opportunities to launch their careers and express their creative visions. His latest project, “The Heart is a Muscle,” written and directed by Imran Hamdulay, is set for a worldwide premiere at the Berlinale 2025, marking yet another milestone in Adam’s ongoing legacy of producing fresh, thought-provoking cinema.

Adam is currently in post-production on the film, “Spirit,” directed by Tebogo Malope.

Through The Star Film Company, Adam continues to shape the future of film, blending innovation, artistic vision, and a commitment to storytelling excellence.

PAUL SPEIRS - Editor

Paul Speirs is a skilled narrative editor with a strong educational foundation in film from both the University of Cape Town and a stint at the University of California, Los Angeles.

Since 2001, he has honed his expertise in subtle story editing, specializing in enhancing performance and narrative pacing in such films as “Sons of the Sea” (2021), “Santana” (2020), “Dias Santana” (2016), “Bordering on Bad Behavior” (2014), and the short films “Keep You Safe” (2017), “Foreigner” (2016), “Lina and Leo” (2015) . He has a particular passion for independent and art house films.

KABEER SHAIK – Director of Photography

Kabeer Shaik is a South African Cinematographer working internationally. He was raised in Johannesburg where he attended film school and then began his career. In 2017 he relocated to New York City where he lived and worked until 2021. He has worked in Features, Television and Commercials since 2010, and on productions which have won several awards at The Cannes Lions, The Loeries, The ADC Young Guns and The South African Film and Television Awards.

His credits include the television series “Swartwater” (2014), “Isibaya” (2016), Getroud “Met Rugby” (2015 - 2021): and the short films “Half Kings” (2016), “Taylor is Missing” (2018) “Fame” (2018) and “Unmasked we Breathe” (2019)

ABOUT THE CAST

KEENAN ARRISON - Ryan

Keenan Arrison is a multifaceted actor, producer, and singer who continues to captivate audiences on stage and screen.

He wrote and directed the short films “Ongeriewe” (2006) and “Freedom Days” (2006), both were well regarded with “Ongeriewe” being nominated for Cannes.

After appearing in the television series “Dives Down” (2007) and “Shooting Stars” (2007), Arrison made his feature film debut in the Oliver Hermanus-helmed “Shirley Adams” (2009). He also appeared in “Tomb Raider” (2018)

His further television credits include the lead in “After 9”, “Swartwater”, “When We Were Black” (2014), “Dominion” (2014), “Die Byl” (2016), “Trackers” (2019) and “Binnelanders”.

MELISSA DE VRIES - Laila

Melissa de Vries - Joseph most recently appeared in “Skemergrond” (2024), Showmax’s “Mince jou hare,” the popular telenovela “Arendsvlei” and “Taktiek.”

She has produced the short films, “Ons Land,” “KO Kid,” “Jenny & Die Beertjies” and “Cleaners” which screened at international film festivals.

Other credits include the feature film “Bring It On: International #Cheersmack”(2017), crime/drama television series “Recipes for Love & Murder” (2022), and the Kyknet Storiefilms “Liz vir die Lewe” (2021) and “Korrelkop & Hardegat” (2021).

DEAN MARAIS - André

Dean Marais made his acting debut on the popular KykNet Telenovela “Arendsvlei” before landing roles in the Showmax series “Koek,” (2024) “Kings and Prophets” (2016) and the feature film “Maze Runner.” (2014)

He is an accomplished dubbing performer who has voiced a number of characters in foreign productions.

ROBYN ROSSOUW - Fara

Since making her television debut in 2029 in the telenovela “Arendsvlei” Robyn Rossouw has landed roles in “Swartwater”, “Sporloos” (2022) and “Mince jou Hare” (2024)

Films “Koshuis” (2021), “Party Kry ‘n Naweek” (2022), “Bankvas” (2023), “Tickets” (2023), “The Fix” (2024) and “Die Geval van Gideon” (2024)

Robyn also features in radio dramas and is a dubbing artist.

LOREN LOUBSER - Meghan

Loren Loubser is a queer actor, filmmaker, and Intimacy Coordinator. She co-directs the Queer Writers Incubator, an annual mentorship and upskilling program for young queer screenwriters and filmmakers.

She appeared in the Showmax television series “Koek” (2024) and the crime drama series “Recipes for Love and Murder” (2022).

Loren played Shaunice in the award-winning feature “Runs in The Family” (2023).

DANNY ROSS - Anees

Danny Ross was placed third in the SABC1 reality competition for actors “Class Act” (2010) and made his television debut in the drama series “Swartwater”(2014). His television credits include “Desert Rose”(2022), “Spinners” (2023), “Ludik” (2022) “Broken Vows” (2017), “Arendsvlei”, “7de Laan”, “Binnelanders”, “Villa Rosa” and “Suidooster”.

He has appeared in both local and international films such as “Barakat” (2023) “Nommer 37” (2018), “24 Hours To Live” (2017) and “Death Race 3” (2013) for Universal Pictures.

RIDAA ADAMS - Zaheer

Ridaa Adams is an actor and 1st Assistant Director who has worked on TV commercials, feature films, and TV series serving in the assistant director’s team on “One Piece” (2023), “The Woman King” (2022), “Maze Runner” (2014) and “Escape Room” (2019).

As an actor he appeared in “White Lies” (2024) and “The Power” (2023).

END CREDITS

written and directed by

IMRAN HAMDULAY

produced by

ADAM THAL, p.g.a

IMRAN HAMDULAY

KHOSIE DALI

BRETT MICHAEL INNES

LESLEY-ANN BRANDT

executive producer

ADAM THAL

co-executive producers

SASKIA ROSENBERG HAAK

TEBOGO MALOPE

TRISTAN HOLMES

director of photography

KABEER SHAIK

editor

PAUL SPEIRS

art director

TIFFANY MATTHEWS

costume design

ONESIMO BAM

hair and make-up design

LYNN LE ROUX

music and composition

TAPIWA MUSVOSVI

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CAST

In order of appearance

Ryan	KEENAN ARRISON
Jude	TROY PAULSE
Father	ABDURAGMAN ADAMS
Laila	MELISSA DE VRIES
Fara	ROBYN ROSSOUW
Meghan	LOREN LOUBSER
Meghan's Baby	DANIELLE RHODA
Zaheer	RIDAA ADAMS
Anees	DANNY ROSS

Issy	LUNA LOUW
Ottery Neighbour 1	GAVIN PRINCE
Ottery Neighbour 2	ALEX CUPIDO
Aunty on Balcony	TERESA SOLOMONS
Tolla's Sidekick 1	AYDEN CROY
Tolla	MOENIEL JACOBS
Tolla's Sidekick 2	GARTH PERMALL
Tolla's Sidekick 3	MICHAEL PALMER
Tolla Sidekick 4	ZHAVANDRE VAN RHYNERS
Andre	DEAN MARAIS
Andre's Friend 1	BRANDON ECKHARDT
Andre's Friend 2	MARSHALL WILLIAMS
Lesley	LINCOLN VAN WYK
Friends Playing Dice	RIAAN LEWIS
	CASHLIN BOWERS
	TAURIQUE MARTIN
	LASHAUN JAFTA
	RYAN BARENDSE
	LUKE AMERICA
	BRADWIN HARTZENBERG
	PIETA SWARTS
	SHIRAAG ABRAHAMS
PnP Cashier	SHAFEEQAH JOSEPH
Man with Dog	RAYUSIE LITZ
Blocks Outjie	MARLON SWARTS
Claude	EB INGLIS
Aneesa's Staff 1	KIM FORTUNE
Aneesa's Staff 2	MOEGAMMAD HENDRICKS
Veronica's Neighbour	VERA ADAMS

Police Officer

ROBYN SEPTEMBER

Social Worker

EMILY-ROSE VAN DIEMEL

Extras

Aneesa's Customer

ROBYN MATHYS

Aneesa's Customer

TAIGHE VAN WYK

Princessvlei Mom

SHAHNAAZ ARNOLD

Princessvlei Child

ZEESHAAN THYS

Princessvlei Child

MARYAM ABDULLAH

Princessvlei Child

AVE DALI

Fives Football Extras

VUYO JANSEN

ASHLEY HANNIVAL

BERNARD MANSON

JOHN THOMAS

Additional Extras

HAMZA YAHYA

BERNARD NICHOLAS

TOUFIKA DOUTHE

ABIGAIL CAMERON

SHIRAONTS ABRAHAMS

GRAHAM BESTER

SOADIG OCKARDS

VUMA MAKHALIMA

BLESSING TAMAI

ALEX BANDA

MAKIESO LUZOLO

MIRIAM MATIMBA

RAYMOND MUSWAIRE

TAZWILL BROWN

CREW

script consultant

DANIEL AMBOR

production coordinator

FIFI MOATSHE

production assistants

ZANELE JOSEPH
BONGY ZIMEMO

production accountant

LEBO NICKSEN

childminder	BIBI MOATSHE
location and community consultant	BRANDON ECKARDT
casting assistant	TUMELO LEKENA
	ONELE LIWANI
casting reader	MAMELO MAKHETHA
stunt coordinator	CHRISTOPHER JAFTHA
1st ad	ANDILE PAKADE
2nd ad	SAMKELO MGIJIMA
additional 2nd ad	TC SETLOGELO
1st assistant camera	THAAKIR ACKERMAN
Loaders	KAYBEE PLAATJIE
	HLUMELO SLATSHA
vto operator	MARWAAN ABRAHAMS
data wrangler	MOTSIBA SESIU
bts photographer	JESSE BARNES
pick-ups camera crew	
director of photography	JARED PAISLEY
1st assistant camera	MILES RITCHIE
data wrangler	DEAN GOOSEN
production assistant	BANTU NYAKAZA
key grip	KING MASENGERE
grip assistant	LUPHO SHOSHA
gaffer	DESMOND GQITEKHAYA
sparks	ZUBENATHI JIKIJELA
	ANTOINE MITEO
	MAKHI NQUSHWANA
sound recordist	GREG ALBERT
boom operator	JOHNNY CLASSEN

consulting art director	UMAYA WICOMB
art stand-by	MANDLA NCUBE
art assistant	AMLINDILE KOMANI
painter	BRADLEY ABRAHAMS
make-up & hair assistants	ZAYAAN DAMON
	MIYA RHODES
	ANELISA FUMANA
Barber	CHARLTON SIMONS
nail technician	KRISTON BASSON
costume assistants	JAMIE-LEE CHARLES
	PHOKENG SETAI
	COLEWYNN TOOM
costume driver	LEE PAULSE
wardrobe rentals by	THE DRESSING ROOM
	GABRIELLE ZARANDAH
unit manager	MARUWAAN EMANDIEN
consulting unit manager	EBRAHIM ISMAIL
set captain	YUSHRIE VAN NEEL
unit assistants	HAROLD HUNTER
SHAHEEN PEARSON	
unit security	ALFONZO KASPER
unit equipment by	EB UNIT
medic services	URBAN MEDICS
medic	ZEA AIMES
catering services	FARM BOY CUISINE
catering team leader	LUHORNA SOUTHGATE
catering chef	MORNE CARELSE
craft	ADELAIDE CROUCH

post-production services by

post producer

assistant editor

colourist and online artist

colour grade look development

vfx artist

title designer

office manager

audio post-sound services by

audio producer

sound designer

supervising sound editor

re-recording mixer

audio supervisor

foley artist

foley recordist and editor

dialogue editors

adr recordists

sound effects editor

score and mix engineer

music supervisors

ADRIAN VAN WYK

production office rental and supplies

production insurance by

THEN POST

AMY KNIGHT

ALEX NKHOLISE

LIAM COCKCROFT

JOSHUA BORILL

RIAAN MYBURGH

DECLAN MANCA

ASHLEY MICHAEL ATHERTON

KEVIN BUYA

SOUND AND MOTION STUDIOS

SHRESHTHA RAMESAR

JADE HILL

JADE HILL

JADE HILL

SIMON RATCLIFFE

SEAN SUTTON

CARL ROBERTS

JACK VAN WYK

RICHARD WEST

JADE HILL

RICHARD WEST

CARL ROBERTS

XOLANI MICHAEL MAHLALELA

ALEX CUPIDO

MICHAEL MURPHEY

GIB INSURANCE BROKERS

gib senior client executive

LIZ MCLEOD

for indigenous film distribution

managing director

HELEN KUUN

production & development executive

THANDEKA ZWANA

finance manager

CENETTA WAGNER

distribution producer

JANA ERASMUS

for the national film & video foundation of south africa

head of industry development

YOLANDA NCOKOTWANA

production & development manager – fiction

REFILOE HLABIOA

production & development officer – fiction

TSIETSI THEMANE

production & development coordinator – fiction

LERATO HLATSHWAYO

for the red sea fund

head of the red sea fund

EMAD ESKANDER

legal financial supervisor

MUNTHIR ALTUWAYRIB

contracts coordinator

GHAIDAA ALSURAYHI

fund coordinator

REHAM JAMBI

submissions manager

MOHAMMED JASTANIAH

fund cycle manager

SALMAN ALMUSAAD

initiative manager

MAI ALSHAIBANI

Ryan reads “Pumpkin Finds Her Kindness”

Written by Bianca Flanders, Illustrations by Zinelda McDonald

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songs

“BREINSUIKER”

Performed by Jitsvinger, Claire Phillips

Words & Music by Jitsvinger, Claire Phillips

Courtesy of Sheer Publishing Pty Ltd

“HEALING”

Performed by Yamiko

Written by Samantha Fredericks & Theodor Kegan Moolman

Courtesy and Copyright License by Samantha Fredericks

Distributed by Distrokid

“BESEF” (Remix)

Performed by Jodas

Written by Jodas & DaNova Beats

Engineered & Composer by Jodas and DaNova Beats

Courtesy of OwnWorld Entertainment

“SUNSET”

Performed by Luukhanyo

Written by Sive K Marasha, Sangyun Ahn, Sukwhan Han

Courtesy of Son of Sumo

“DEMONS”

Performed by Matthew Joyner

Written by Matthew Joyner

Engineered and Composed by Damon Records

Courtesy of Damon Records and Matthew Joyner

“ANE OU”

Performed by Matthew Joyner

Written by Matthew Joyner

Composition by Vinascho Williams & T45

Engineered by FaaBeats

Courtesy of Bruinchild Media

camera & grips equipment supplied by

PANAVISION SOUTH AFRICA

additional grips equipment by

GRIP HOUSE RENTALS

lighting equipment by

PANALUX

RAINBOW LIGHTING

PROGEAR SA

vto equipment by

RUNBNC

transport vehicles

ROLLING RENTALS

MANDLAKAPHELI HOLDINGS

MINKO TRANSPORT

props rentals by

ARTAPPEL PROP HIRE

CHARMZ PROPS

TAYBAS PROPS

MIL. SPEC EQUIPMENT

SIGN BOMB

special thanks:

AADIL DHALECH

LUCILLA BLANKENBERG

AISHA WILLIAMS

MELISSA MAXTED HENDERSON

ALEXANDER BRAND

MICHAEL WHITE

ANTHONY RUITERS

MONDE MOLOI

AYESHA DANIELS

MUJAHEED DULVIE

BRETT MICHAEL INNES

NETHAAM ABRAHAMS

CAREL DANIELS	NICHOLAS DOBLE
CHEVONNE MATTHYS	PAMELLA MATTHYS
CHRISTOPHER THYS	PIERRE LE ROUX
CINDY GABRIEL	PHILIP DOBLE
DAYLENE WYDEMAN	RIYAAD JACOBS
DEON VAN ZYL	ROBYN WILLIAMS
DYLAN DAMONSE	RYAN THYS
ELIF SÖZEN	SALVADOR WESSELS
FAHEMA HENDRICKS	SERINA THYS
FAHIEM PIETERSEN	SHAMIEL DAVIS
FARANAAZ ARNOLD	SHAUN HARLEY LEE
FAREEDAH HUNTER	TAARIQ DIEN
GABE GABRIEL	TAMARA MACHLACHLAN
HUSSINA RAJA	THANDEKA ZWANA
IAN GABRIEL	WALIED ADAMS
JESSICA LAWSON	ZAHEED KHAN
IAN GABRIEL	YUSRI DIEN
JESSICA LAWSON	ZAHEED KHAN
JOHN GUTIERREZ	ZAHIRUL LAMBAREY
KB MBIOLA	ZULPHA SOEKER
LUCIAN PAULSE	LUCY MBIOLA
ANEESA'S TAKEAWAY	
DEPARTMENT OF CULTURAL AFFAIRS & SPORTS	
WESTERN CAPE GOVERNMENT	
FIVES MAYNARD MALL	
NEW FAITH CHURCH OTTERY	
OTTERY SUPERETTE	

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THE HEART IS A MUSCLE

starring KEENAN ARRISON MELISSA DE VRIES DEAN MARAIS RIDAA ADAMS DANNY
ROSS LOREN LOUBSER ROBYN ROSSOUW

introducing TROY PAULSE and LINCOLN VAN WYK

written and directed by IMRAN HAMDULAY produced by IMRAN HAMDULAY KHOSIE DALI
BRETT MICHAEL INNES executive producer ADAM THAL co-executive producers SASKIA
ROSENBERG HAAK TEBOGO MALOPE TRISTAN HOLMES director of photography KABEER
SHAIK art director TIFFANY MATTHEWS editor PAUL SPEIRS costume design ONESIMO BAM
makeup and hair design LYNN LE ROUX original music by TAPIWA MUSVOSVI

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