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Building The Unbreakable

# RHINO 24 HOUR LOCK IN

24 HOURS THAT WILL CHANGE YOUR LIFE

The 24 hour Lock In is developed to build character, muscle, and mental toughness. This is an event that will give you the mental Fortitude to push through any boundary. Taking yourself out of your comfort zone at a 24 hour Lock In is the best and easiest way to develop Positive Self Concept, Functional Endurance & Strength and a Lack of Fear of performance. The event benefits any top level athlete that is looking to train themselves to be UNBREAKABLE

*Go to [24HourLockIn.com](http://24HourLockIn.com) for videos from previous lock ins, articles and all things*

*LOCK IN*

Sign up at [http://24hourlockin.com/Upcoming\\_Lock\\_In.html](http://24hourlockin.com/Upcoming_Lock_In.html)

date

**4/20/13**

location

Rhino Wrestling Club

time

9am  
to 9am

Any questions please contact

[info@24hourlockin.com](mailto:info@24hourlockin.com)