

*You Won't*

**Rhino Wrestling**

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# 24 Hour Lock In

## Competition Lock In

A 7-15 minute workout at the top of every hour for 24 hours. Athletes from 4 different states will be split into teams. The team with the lowest median times for each workout will win the workout, the team that wins the most workouts..... WINS THE LOCK IN.

9/28 at 9am

Sign Up at [rhinowrestlingclub.com/events](http://rhinowrestlingclub.com/events)