South Carolina's First Authentic 24 Hour Lock In

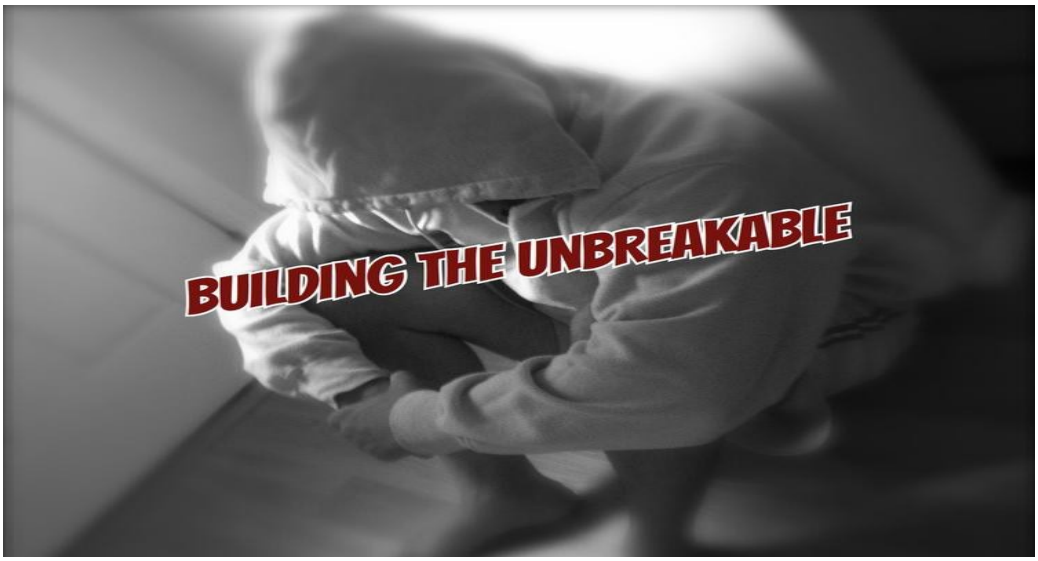
$99

24 Hours That Will Change Your Life!

24 HOUR LOCK IN

Saturday, October 11 – Sunday, October 12, 2014

Time: 9:00 AM Start, 9 AM Finish



You've been asking for it, now you got it! The **ORIGINAL** 24 Hour Lock In is coming to Rock Hill, South Carolina! The 24 Hour Lock In was developed by Mike Malinconico of Rhino Wrestling Club in Morganville, NJ. The concept is simple… a short workout at the top of every hour for 24 hours. The will that it takes to fight through a Lock In will make all other obstacles in your sport and your life seem easy.

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