

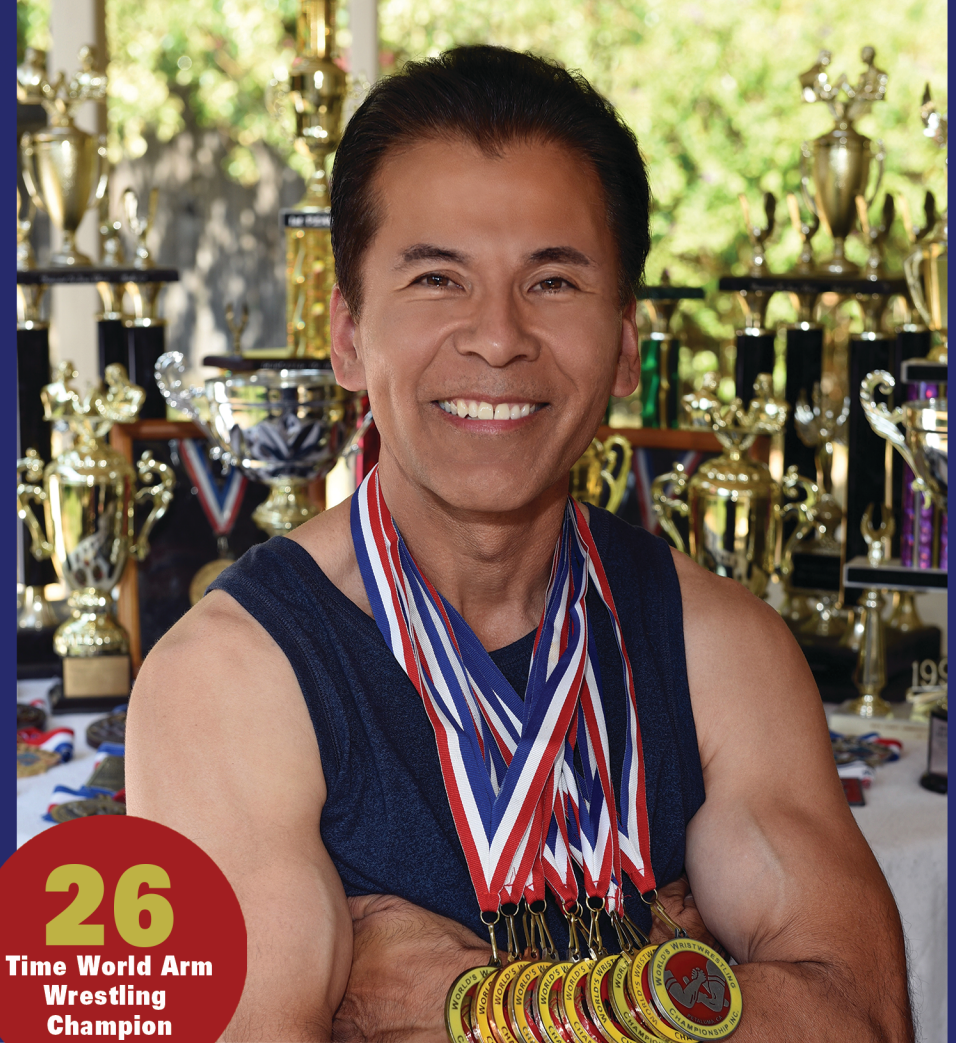
# DISCOVER THE SIX KEYS



to Developing the Heart and Mindset  
of a Champion Through:

THE GLADIATOR'S ARENA  
THE WARRIOR'S GRIP  
THE CHAMPION'S JUMP  
THE WINNER'S HOLD  
THE STRONGMAN'S SURGE  
THE CONQUEROR'S PIN

THE TRUE MAKING OF A CHAMPION



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Time World Arm  
Wrestling  
Champion

**Champions are not born**—they are tried through raging fires, anointed for fierce battles and destined to build strength and character through adversity. Learn the six keys to developing the heart and mindset of a valiant warrior, my friends, and be transformed into a true champion!



BUILDING STRENGTH AND CHARACTER  
THROUGH ADVERSITY

# THE TRUE MAKING OF A CHAMPION

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Building Strength and Character Through Adversity

VICTOR TORRES

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