



400 gram soft rubber shot put ball



Product features:

Material: Eraser

Diameter:

Casting Ball Weight: 400 gr

Product description:

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Designed for **indoor circuits** and **for training** , this **400 gram** throwing ball is made of **soft rubber**, which improves **grip**.

The shot put (also improperly called shot put because it is considered within the throwing disciplines) is **both a male and female athletics specialty** , in which the athlete tries to throw a metal sphere as far as possible.

With a **diameter of 95 mm** , it is a perfect tool for **training and approaching the discipline**.