



9 kg cast iron shot put ball



Product features:

Material: Painted cast iron

Diameter:

Casting Ball Weight: 9 Kg

Product description:

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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.

This model, with **an increased weight of 9 kg** , is made of painted cast iron, perfectly turned, with a **tolerance of +/- 70g**.

This is a perfect weight for **training aimed at muscle strengthening and improving throwing size**.