



3 kg soft rubber shot put ball



Product features:

Material: Eraser

Diameter:

Casting Ball Weight: 3 Kg

Product description:

3 kg soft rubber-coated shot put ball

Designed for **indoor circuits** and **for training** , this **3 kg** shot put ball is covered with a **layer 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.

Made of cast iron and covered in rubber, this model has a **diameter of 110 mm and a weight of 3 kg.**