



8 kg cast iron shot put ball



Product features:

Material: Painted cast iron

Diameter:

Casting Ball Weight: 8 Kg

Product description:

8 kg painted cast iron shot put ball

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 8 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**.