







The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg

Javelins

<p>FC Aero Javelin JAL-C500 500gm JAL-C800 800gm JAL-C700 700gm JAL-C600 600gm JAL-C400 400gm</p>	<p>New FC AERO Javelins are made of Special ALUMINIUM alloy for extra durability and stability.</p>	
<p>FC Javelin – Economy JAL-500 500 GM JAL-400 400 GM JAL-600 600 GM JAL-700 700 GM JAL-800 800 GM</p>	<p>Made of aluminum alloy.</p>	
<p>FC Javelin - Practice JAL-N500 500 GM JAL-N400 400 GM JAL-N600 600 GM JAL-N700 700 GM JAL-N800 800 GM</p>	<p>FC Practice is machine-crafted and made of superior quality aluminum alloy. Perfect in balance and stability. Painted with good quality metallic paint.</p>	
<p>Javelin Ball - Hard PVC JBB-400 400 GM JBB-01K 1 KG JBB-02K 2 KG JBB-800 800 GM JBB-600 600 GM</p>	<p>Indoor javelin ball, PVC shell filled with Lead/Iron pellets.</p>	

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<p>FC Knocken Balls JKB-800 800 GM JKB-600 600 GM JKB-400 400 GM JKB-01K 1kg JKB-200 200 GM</p>	<p>For training / practice of javelin. Designed to give the feeling of a javelin while throwing indoor.</p>	
<p>FC 300 Gram Official mini-javelins of the USATF and Junior Olympics programs. Made of sturdy polyethelene plastic with a durable soft rubber tip. When thrown properly, flies like a real javelin, so it's also a great training tool for advanced throwers. (NOTE: colors of the FCs will vary)</p>		
<p>FC 400 Gram The 400 gram Turbo javelin makes a great "overload" training tool for your youth athletes. The additional weights helps build additional strength in the specific throwing motion, and makes the 300 gram FC feel "light" for meets. The 400 gram FC is also the boy's implement for middle school programs.</p>		
<p>FC 8 300 Gram Be the first in your area to take advantage of introductory prices on the new FC VIII!!! Still meets all specifications of USATF and Junior Olympics programs, but has new tail and point designs. Made of sturdy polyethelene plastic with a durable soft rubber tip. When thrown properly, flies like a real javelin, so it's also a great training tool for advanced throwers. (NOTE: colors of the FCs will vary) We have added the new FC 8, 300 gram model for 2009.</p>		
<p>FC Long Tom 500 Gram The 500gram Long Tom is 42" long and is the implement used for 15 and older Special Olympians. It also makes a great training aid for all throwers. (Color: Varies)</p>		

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FC Long Tom 600

The Long Tom is 42" long, so it simulates the real javelin technique more closely than the shorter 300G and 400G FCs. The 600G is the same weight as the full-size women's javelin and makes an excellent, inexpensive training tool for all throwers. The Long Tom also gives the Junior Olympian a nice transition tool to the real javelin they throw in the later divisions. (Color: Varies)



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