



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

Shot Put

<p>FC Economy ESP-006 K 6 KG ESP-625 K 6.25 KG ESP-726 K 7.26 KG ESP-015K 1.5 KG ESP-005 K 5 KG ESP-545 K 5.45 KG ESP-025K 2.5 KG ESP-003K 3 KG ESP-045 K 4.5 KG ESP-004 K 4 KG ESP-008K 8 KG ESP-363 K 3.630 KG ESP-002 K 2 KG ESP-009K 9 KG</p>	<p>Cast iron shots, round shaped and nicely painted. Maintains a weight tolerance of +/- 70 gm and round shape. This shot is complete value for money.</p>	
<p>FC Gold-100 VSP-195 4 KG/95 MM VSP-102 5.45 KG/103 MM VSP-107 6 KG/106 MM VSP-110 7.26 KG/110 MM VSP-107A 6.25 KG/107 MM</p>	<p>Made of brass shell, lead filling. Precisely machine turned for accurate diameter and perfect balance. Self-colored.</p>	
<p>FC Super VSP-302 4 KG/102 MM VSP-397A 3 KG/97 MM VSP-393 2.625 KG/93 MM VSP-388 2.5 KG/ 88 MM VSP-380 2 KG/ 80 MM VSP-397 3.25 KG/97 MM VSP-315A 5.00 KG/115 MM VSP-308B 3.50 KG/108 MM VSP-321 6.25 KG/121MM VSP-300 4 KG/100 MM VSP-328 7.26 KG/ 128 MM (IAAF CERTIFEID) VSP-304 4 KG/104 MM VSP-308A 4 KG/108 MM VSP-314 5.45 KG/114 MM VSP-308 5.45 KG/108 MM VSP-319 6 KG/119 MM VSP-320A 6.00 KG/120 MM VSP-320 7.26 KG/ 120 MM</p>	<p>Turned iron shots, precisely machine turned for accurate weight and diameter specifications. Available in different weights and diameter.</p>	

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<p>VSP-325 7.26 KG/ 125 MM (IAAF CERTIFEID) VSP-300A 3.63 KG/100 MM</p>		
<p>FC Super-200 VSP-215 115 MM VSP-295 4 KG/95 MM (IAAF CERTIFEID) VSP-210 7.26 KG/110 MM VSP-210A 6.25 KG/107 MM VSP-220 120 MM VSP-203 5.45 KG/103 MM VSP-209 4 KG/109 MM VSP-229 7.26 KG/129 MM VSP-207 6 KG/107 MM VSP-189 3.63 KG VSP-200 VSP-225 125 MM</p>	<p>Shell made of rust proof alloy (Stainless Steel). Precisely machine turned for accurate diameter and balance.</p>	
<p>Shot Carrier VSC-100 NET</p>	<p>Made of strong PP Braided cord to carry one shot</p>	
<p>FC School VSP-720 2 KG VSP-750 5 KG VSP-704 400 gm VSP-736 3.63 KG VSP-732 3.25 KG VSP-754 5.45 KG VSP-745 4.5 KG VSP-710 1 kg VSP-762 6.25 KG VSP-740 4 KG VSP-760 6 KG VSP-772 7.26 KG VSP-715 1.5 kg</p>	<p>Cast iron unturned shots with accurate weight.</p>	

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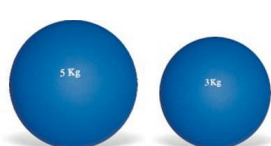
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<p>FC Throwing Weights VTW-20 20LBS. VTW-25 25LBS. VTW-35 35LBS VTW-56 56LBS.</p>	<p>Turned iron ball with rust proof bearing (swivel) and triangular steel handling.</p>	
<p>FC Turned Economy TSA-300 3 KG TSA-545 5.45 KG TSA-600 6 KG TSA-400 4 KG TSA-625 6.25 KG TSA-200 2 KG TSA-363 3.63 KG TSA-272 2.72 KG TSA-500 5 KG TSA-250 2.5 KG TSA-726 7.26 KG</p>	<p>Cast iron solid turned shots. Accurate weight and balance. Available in economical price range. Ideal for schools and training.</p>	
<p>Indoor Shot PVC Non Bouncy With Plug ISP-010GNBWP 1 KG/100 MM ISP-0545GNBWP 5.45 KG/ 130 MM ISP-015GNBWP 1.5 KG/100 MM ISP-020GNBWP 2 KG/100 MM ISP-030GNBWP 3 KG/110 MM ISP-050GNBWP 5 KG/ 120 MM ISP-060GNBWP 6 KG/ 130 MM ISP-0625GNBWP 6.25 KG/ 130 MM ISP-0726GNBWP 7.26 KG/140 MM ISP-040GNBWP 4 KG/115 MM</p>	<p>INDOOR SHOT PVC NON BOUNCY WITH PLUG</p>	
<p>Indoor Shot PVC Non Bouncy Without Rib ISP-0272GNBWR 2.72 KG/ 120 MM ISP-L60GNBWR 6 KG/ 140 MM ISP-0325GNBWR 3.25 KG/125 MM ISP-010GNBWR 1 KG/100 MM ISP-015GNBWR 1.5 KG/ 100 MM ISP-020GNBWR 2 KG/105 MM ISP-040GNBWR 4 KG/135 MM ISP-L625GNBWR 6.25 KG/140 MM</p>		

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<p>ISP-050GNBWR 5 KG / 135 MM ISP-0726GNBWR 7.26 KG/150 MM ISP-0625GNBWR 6.25 KG/145 MM ISP-L40GNBWR 4 KG/ 125 MM ISP-545GNBWR 5.45 KG/135 MM</p>		
<p>Indoor Shot PVC Solid With Rib ISP-060SR 6 KG/ 140 MM ISP-0625SR 6.25 KG/140 MM ISP-0726SR 7.26 KG/150 MM ISP-040SR 4 KG/ 125 MM ISP-030SR 3 KG/ 120 MM ISP-050SR 5 KG/135 MM ISP-020SR 2 KG/105 MM ISP-015SR 1.50 KG/100 MM ISP-010SR 1 KG/100 MM ISP-200SR .20 KG/65 MM ISP-500SR .50 KG/ 90 MM ISP-0545SR 5.45KG/ 135 MM</p>	<p>Good for indoor, Outdoor and Training.</p>	
<p>Indoor Shot PVC Solid Without Rib ISP-0726SWR 7.26 KG/150 MM ISP-010SWR 1 KG/100 MM ISP-030SWR 3 KG/120 MM ISP-020SWR 2 KG/105 MM ISP-015SWR 1.5 KG/100 MM ISP-0625SWR 6.25 KG/140 MM ISP-040SWR 4 KG/125 MM ISP-050SWR 5 KG/135 MM ISP-0545SWR 5.45 KG/135 MM ISP-060SWR 6 KG/140 MM</p>	<p>Good for Indoor, Outdoor and Training</p>	

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