



The New Revolution in Bodyweight Training  
[www.fitnessconcept.com.sg](http://www.fitnessconcept.com.sg)

### STARTING BLOCK

<p><b>Competition</b>          VSB-XXXXA          ALUMINIUM          VSB-XXX ZINC</p>	<p>The world best and strong starting block. One piece rail made from zinc alloy for maximum weight and stability. Extra wide aluminum paddles give a quick start to athlete. Adjustable up to four different angles. 1/2" VSB-XXXspikes for synthetic tracks and anchor pins for cinder tracks are also included.</p>	
<p><b>International</b>          VSB-01H</p>	<p>Centre rail made of heavy 82 mm heavy slotted aluminum channel with thick ribs to slip in anchor plates to ensure high ground stability. Heavy aluminum paddles with thick rubber pads. In built handle for easy carrying. Spikes to hold the starting block on synthetic tracks / cinder tracks.</p>	
<p><b>New Olympic Mark I</b>          VSB-01N IAAF          CERTIFIED</p>	<p>Centre rail made of 82 mm heavy slotted Aluminum Channel with thick ribs to slip in anchor plates for ensuring better ground stability. Extra broad paddles for easy start.</p>	
<p><b>Olympic Mark I</b>          VSB-01B IAAF          CERTIFIED</p>	<p>IAAF Certified. Centre rail made of special 75 mm slotted aluminum channel with ribs to slip in anchor plates ensuring high ground stability. Heavy aluminum paddles with thick rubber pads. Rust proof plates with spikes to hold the starting block on synthetic tracks / cinder tracks.</p>	
<p><b>New Olympic Mark II</b>          VSB-02N</p>	<p>Centre rail made of mild steel (galvanized) with extra broad paddles for extra foot support.</p>	

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<p><b>Olympic Mark II</b> VSB-01C</p>	<p>Made of 75 mm aluminum slotted channel, light weight aluminum paddles with thick PVC pads. Rust proof plates with spikes to hold the starting block on synthetic tracks.</p>	
<p><b>Olympic Mark III</b> VSB-01D</p>	<p>Made of 62 mm aluminum slotted channel, light aluminum paddles with thick PVC pads. Rust proof plates with spikes to hold the starting block on synthetic tracks.</p>	
<p><b>Pro-Plus</b> VSB-01A</p>	<p>Made of 100 mm heavy aluminum slotted channel, heavy weight aluminum paddles with thick PVC pads. Rust proof plates with spikes to hold the starting block on synthetic and cinder tracks.</p>	
<p><b>Classic</b> VSB-04</p>	<p>Made of double square steel tubes M. S. steel paddles with PVC pads, both ends with spikes suitable for synthetic tracks.</p>	
<p><b>Jet</b> VSB-22</p>	<p>Made of slotted galvanized steel channel, blocks made of extra thick poly-propylene for maximum durability, suitable for any track.</p>	
<p><b>Olympic Mark IV</b> VSB-02</p>	<p>Made of slotted steel channel, light weight aluminum paddles with thick PVC pads. M.S. chromium plates with spikes to hold the starting block on synthetic tracks.</p>	

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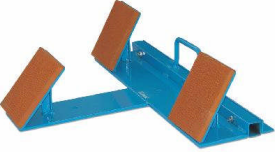

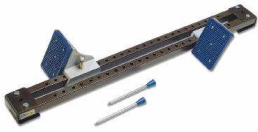

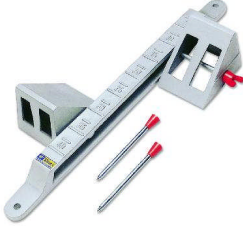

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<p><b>TRISTAR</b> VSB-03P</p>	<p>Made of heavy duty STEEL. Three paddles for convenient start. No hassles of paddle adjustment, powder coated for durable finish. Can be used for both synthetic and cinder tracks.</p>	
<p><b>Premium</b> VSB-03B VSB-03A</p>	<p>Casted aluminum centre rail and aluminum paddles with rubber pads. Adjustable at different positions. Attachment for synthetic tracks also available.</p>	
<p><b>Professional</b> VSB-05 VSB-05S</p>	<p>Made of double square steel tubes, thick M.S. sheet paddles with PVC pads, suitable for all tracks.</p>	
<p><b>Racer Aluminium</b> VSB-08A</p>	<p>Made of slotted aluminum channel, casted aluminum paddles with thick rubber pads, suitable for all tracks.</p>	
<p><b>Action</b> VSB-09</p>	<p>Casted aluminum centre rail. Aluminum paddles. V cut to take in spikes.</p>	
<p><b>Gold-100 (Starting Block)</b> VSB-06 NIL</p>	<p>Made of curved square steel tube, casted aluminum paddles with PVC pads, suitable for all tracks.</p>	

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<p><b>Practice (Starting Block)</b>          VSB-10 NIL</p>	<p>Made of round aluminum tube with aluminum paddles at 45° and 80°. V cut in paddles to take in spikes for beginners.</p>	
<p><b>Racer</b>          VSB-08 NIL</p>	<p>Made of slotted steel channel, plastic paddles with PVC pads, suitable for all tracks.</p>	
<p><b>Super (Starting Block)</b>          VSB-07 NIL</p>	<p>Made of square aluminum tube. Casted aluminum paddles with PVC pads suitable for all tracks.</p>	
<p><b>FC Rubber Starting Block</b>          VSB-11</p>	<p>Made of solid rubber. Suitable for schools/beginners.</p>	

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