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Mark Bell created the Sling Shot as a bench press accessory tool for all lifters to add pounds to their bench press, help lift through injuries and reinforce proper technique. Increase your bench press strength, endurance and speed with one of our patented Sling Shots.

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YES. You can use slingshots for hunting in survival situation. Slings are one of the earliest form of projectile weapon, and also one of the most effective. Not only they are cheap to manufacture compare to weapons like bow, they are easy to carry, ammo are abundant (rocks, ball bearing, even marbles can be use).

[Can you use slingshots \(catapults, cattles\) for hunting in a survival ...](#)

quora : Can-you-use-slingshots-catapults-cattles-for-hunting-in-...

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natural., Alethough I've Been watching Super natural since 2008, I've never Revisited