







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

<b>Discus</b>		
<p><b>Gold - 100 WOCP</b>            DGP-B15 1.5 KG            DGP-B10 1 KG            DGP-B16 1.6 KG            DGP-B17 1.7 KG            DGP-B20 2 KG</p>	<p>89% rim Weight. High quality Brass rim with yellow reinforced plastic (unbreakable) side plates and without aluminum centre. Used in top Competitions. Gold 100 discus features ultra high spin, when thrown with proper turn give better results. Meets IAAF specifications.</p>	
<p><b>Hyper Spin</b>            VHS-175 1.75 KG            VHS-160 1.6 KG            VHS-150 1.5 KG            VHS-200 2 KG (IAAF CERTIFIED)            VHS-100 1 KG (IAAF CERTIFIED)</p>	<p>IAAF Certified Hyper spin is a premium quality Discus. This discus is precisely mastered and designed with JOINTLESS rim. 91% rim weight in the Discus assists the throwers to get a remarkable spin, longer distance and extra stability. This Discus features RUST PROOF ALLOY RIM with UNBREAKABLE strong plastic side plates, which makes it one of the best Discuses in the world.</p>	
<p><b>New Super Spin-Brass WOCP</b>            DWP-A17 1.7 KG            DWP-A20 2 KG            DWP-A16 1.6 KG            DWP-A15 1.5 KG            DWP-A10 1 KG            DWP-A12 1.25 KG</p>	<p>85% high quality BRASS rim with strong white side plates without aluminum centre plates. Meets IAAF Rules</p>	
<p><b>Super Spin-WOCP Alloy Steel</b>            DWP-A17 1.7 KG            DWP-A20 2 KG            DWP-A16 1.6 KG            DWP-A15 1.5 KG            DWP-A10 1 KG            DWP-A12 1.25 KG</p>	<p>85% rim weight. High quality Alloy Steel (rust proof) rim with strong black plastic side plates without aluminum centre plates. Meets IAAF specifications.</p>	

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<p><b>Aluminum</b>          DSA-A20 2 KG          DSA-A17 1.7 KG          DSA-A16 1.6 KG          DSA-A15 1.5 KG          DSA-A12 1.2 KG          DSA-A10 1 KG</p>	<p>70% rim weight. Metal rim fitted with extra strong textured aluminum side plates. Perfectly suitable for schools and training.</p>	
<p><b>Aluminum Alloy</b>          DSS-A20 2 KG          DSS-A17 1.7 KG          DSS-A16 1.6KG          DSS-A12 1.2 KG          DSS-A10 1 KG          DSS-A15 1.5 KG</p>	<p>70% rim weight. Metal rim fitted with extra strong textured aluminum side plates. Perfectly suitable for schools and training.</p>	
<p><b>FC High Spin-WOCP</b>          DWP-SS20 2 KG          DWP-S10 1 KG          DWP-S12 1.2 KG          DWP-S15 1.5 KG          DWP-S16 1.6 KG          DWP-S17 1.7 KG          DWP-S20 2 KG          DWP-SS17 1.7 KG</p>	<p>80% rim weight. High quality GALVANIZED STEEL rim with strong blue plastic side plates without aluminum centre plates.</p>	
<p><b>FC Super Spin</b>          DAP-200 2 KG          DAP-175 1.75 KG          DAP-150 1.5 KG          DAP-161 1.61 KG          DAP-125 1.25 KG          DAP-100 1 KG</p>	<p>85% rim weight. Superb quality ALLOY STEEL (rust proof) rim with strong black ABS plastic side plates. Meets IAAF specifications.</p>	

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<p><b>FC Super Spin-Brass</b>            DBP-100 1 KG            DBP-150 1.5 KG            DBP-175 1.75 KG            DBP-125 1.25 KG            DBP-160 1.6 KG            DBP-200 2 KG</p>	<p>85% rim weight. High quality BRASS rim with strong black ABS plastic side plates. Well balanced discus to suit throwers of all talents. Meets IAAF specifications.</p>	
<p><b>Discus FC Challenge</b>            DCS-S16 1.6 KG            DCS-S10 1 KG            DCS-S12 1.2 KG            DCS-S15 1.5 KG            DCS-S17 1.7 KG            DCS-S20 2 KG</p>	<p>A World class discus at affordable prices, with strong plastic side Plates and Steel rim.</p>	
<p><b>FC High Spin</b>            DSR-P20 2 KG (IAAF CERTIFIED)            DSR-P17 1.7 KG            DSR-P16 1.6 KG            DSR-P15 1.5 KG            DSR-P12 1.25 KG            DSR-P10 1 KG (IAAF CERTIFIED)</p>	<p>75% high quality GALVANIZED STEEL rim with strong red ABS plastic side plates. Well balanced to suit any level of competition. Thrown in 8th IAAF / Coca-Cola World junior Championships in Athletics, Chile 2000*</p>	
<p><b>FC Lo Spin</b>            DSB-P10 1 KG            DSB-P12 1.2 KG            DSB-P75 .75 KG            DSB-P20 2 KG            DSB-P15 1.5 KG            DSB-P60 .60 KG            DSB-P16 1.6 KG            DSB-P17 1.7 KG</p>	<p>70% rim weight. Galvanised Steel rim with strong blue ABS plastic side plates. Ideal for Schools and Training.</p>	

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<p><b>FC Practice</b>          DSG-P16 1.6 KG          DSG-P17 1.7 KG          DSG-P20 2 KG          DSG-P60 .60 KG          DSG-P12 1.2 KG          DSG-P10 1 KG          DSG-P15 1.5 KG          DSG-P75 .75 KG</p>	<p>70% rim weight. GALVANIZED STEEL rim with extra strong plastic side plates. In economical price range. Suitable for training.</p>	
<p><b>FC Laminated High Spin</b>          DSL-WH16 1.6 KG          DSL-WH10dsh 1 KG          DSL-WH12 1.2 KG          DSL-WH15 1.5 KG          DSL-WH20 2 KG          DSL-WH75 .75 KG          DSL-WH17 1.7 KG</p>	<p>75%rim weight. STEEL rim with high quality water proof laminated plywood sides.</p>	
<p><b>FC Laminated Low Spin</b>          DSL-WL16 1.6 KG          DSL-WL60 .60 KG          DSL-WL75 .75 KG          DSL-WL10 1 KG          DSL-WL12 1.2 KG          DSL-WL20 2 KG          DSL-WL17 1.7 KG          DSL-WL15 1.5 KG</p>	<p>70% rim weight. STEEL rim with solid laminated wood sides.</p>	
<p><b>FC Rock</b>          DAC-V17 1.7 KG          DAC-V20 2 KG          DAC-V16 1.6 KG          DAC-V12 1.2 KG          DAC-V15 1.5 KG          DAC-V10 1 KG</p>	<p>80% rim weight. High quality ALLOY STEEL (rust proof) rim with densified close veneer laminated hollow wood side plates for high strength. Meets IAAF specifications.</p>	

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<p><b>FC Super Challenge</b>  DSC-P20 2 KG  DSC-P15 1.5 KG  DSC-P10 1 KG</p>	<p>Side plates made of ABS (Unbreakable) plastic with galvanized ring. Meets IAAF specifications.</p>	
<p><b>FC Super Spin-WOCP</b>  DWP-SS10 1 KG  DWP-SS16 1.6 KG  DWP-SS15 1.5 KG</p>	<p>85% rim weight. High quality GALVANIZED STEEL rim with strong red plastic side plates without aluminum centre plates.</p>	
<p><b>Adjustable Discus</b>  DAT-180 1.4 TO 1.8 KG  DAT-220 1.75 TO 2.2 KG  DAT-160 1.25 TO 1.2 KG  DAT-120 .85 TO 1.2 KG</p>	<p>STEEL rim with strong red ABS plastic side plates and different weights for adjusting the overall weight for training.</p>	
<p><b>FC Heavy Training Discus</b>  VTD-300 3 KG  VTD-350 3.5 KG  VTD-250 2.5 KG</p>	<p>Overweight discuss suitable for training.</p>	

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<p><b>FC Wood Practice</b>  DSS-W75P .75 KG  DSS-W60P .60 KG  DSS-W12P 1.2 KG  DSS-W10P 1 KG  DSS-W15P 1.5 KG  DSS-W16P 1.6 KG  DSS-W17P 1.7 KG  DSS-W20P 2 KG</p>	<p>Steel rim with solid wood sides.(Sheesham)</p>	
<p><b>FC Wood Super</b>  DSS-W60 .60 KG  DSS-W17 1.7 KG  DSS-W16 1.6 KG  DSS-W15 1.5 KG  DSS-W12 1.2 KG  DSS-W75 .75 KG  DSS-W20 2 KG  DSS-W10 1 KG</p>	<p>Steel rim with solid Sheesham wood sides (seasoned), coated with polyurethane for moisture protection. Meant for practice.</p>	
<p><b>Discus Bag</b>  VDB-100 1 KG</p>	<p>Made of strong cloth with Velcro. Ideal for promotional purposes</p>	
<p><b>FC Indoor Discus</b>  DIS-160 1.6 KG  DIS-150 1.5 KG  DIS-200 2 KG  DIS-170 1.7 KG  DIS-125 1.25 KG  DIS-100 1 KG</p>	<p>Indoor soft discus made of PVC, maximum weight in edges. Available in fluorescent colours.</p>	
<p><b>FC Rubber Black</b>  DRB-600 .60 KG  DRB-350 .35 KG  DRB-100 1 KG  DRB-750 .75 KG  DRB-125 1.25 KG  DRB-150 1.50 KG  DRB-160 1.60 KG  DRB-175 1.75 KG  DRB-200 2 KG  DRB-800 .80 KG</p>	<p>Black rubber discus. Strong, durable and one piece solid construction.</p>	

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<p><b>FC Rubber Indoor Brown</b>          DRR-175 1.7 KG          DRR-150 1.5 KG          DRR-160 1.6 KG          DRR-200 2 KG          DRR-600 0.60 KG          DRR-750 0.75 KG          DRR-100 1 KG          DRR-125 1.25 KG</p>	<p>Rubber discus, available in brown or white colour. Soft and durable. Will not leave marks or damage the floor. One piece construction. Ideal for schools and training.</p>	
<p><b>FC Rubber Indoor Colour</b>          DRC-175 1.75 KG          DRC-750 .75 KG          DRC-200 2 KG          DRC-150 1.50 KG          ISP-030GNBWR 3 KG/          120 MM          DRC-600 .60 KG          DRC-100 1 KG          DRC-125 1.25 KG          DRC-160 1.60 KG</p>	<p>Soft and durable. Will not leave marks or damage the floor. One piece construction. Available in attractive colours: red, yellow, blue, green, orange, pink. Ideal for schools and training.</p>	
<p><b>FC Rubber Indoor White</b>          DRW-175 1.75 KG          DRW-150 1.5 KG          DRW-600 .60 KG          DRW-160 1.6 KG          DRW-200 2 KG          DRW-750 .75 KG          DRW-100 1 KG</p>	<p>Rubber discus, available in brown or white colour. Soft and durable. Will not leave marks or damage the floor. One piece construction. Ideal for schools and training.</p>	
<p><b>RUBBER DISCUS WITH STRAP</b>          DWS-100 1.0 kg.          DWS-160 1.6 kg.          DWS-200 2.0 kg.</p>	<p>Suitable for training. Includes an adjustable strap.</p>	

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