



Give Blood. Save Lives.



Venue Partner  
CHOA CHU KANG  
**SAFRA**  
Energising Our Lives

# REDRAD CHALLENGE

**16 MAY | 8AM – 12PM | SAFRA CHOA CHU KANG**  
**8 FITNESS STATIONS | 3 CATEGORIES**

**REGULAR**

**ADVANCE**

**FUN DOUBLES**

**STATIONS**

**RUN**

1 lap around track (150m) in 80 seconds

1 lap around track (150m) in 80 seconds

1 lap around track (150m) in 80 seconds (Each)

**SIT-UPS**

28 reps

80 reps

80 reps (Combined)

**PLANKS**

28 seconds

80 seconds

80 seconds (Combined)

**WALLSIT**

28 seconds

80 seconds

80 seconds (Combined)

**SQUATS**

28 reps

80 reps

80 seconds (Combined)

**STAIRS**

Climb spiral stairs (4 Levels)

Climb spiral stairs (4 Levels)

Climb spiral stairs (4 Levels) (Each)

**?**

**MYSTERY STATION**

**?**

**MYSTERY STATION**



**ELIGIBILITY**

One successful blood donation from 2 January to 10 May 2026



**PERKS**

Goodie bag and awesome prizes to be won



Ambulance and fitness instructor will be on site to ensure safety.

**NO VEIN. NO GAIN.**

**REGISTRATION ENDS**

**10 MAY**