



Give Blood. Save Lives.



Venue Partner
CHOA CHU KANG
SAFRA
Energising Our Lives

Official Isotonic Drink Sponsor



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