



OFFICIAL EVENT GUIDE

REDLINE FITNESS GAMES 2023

23 & 24 SEPTEMBER

MINES INTERNATIONAL EXHIBITION
& CONVENTION CENTRE (MIECC)



REDLINE
FITNESS GAMES



DISCOVER
EXCITEMENT

Hello, Redliners.



CALLUM MEEHAN
FOUNDER & EVENT
DIRECTOR

I am absolutely pumped to welcome you to the first ever REDLINE Fitness Games powered by NISSAN. This is the moment we've all been waiting for, where your training and hard work finally pays off.

As we gear up for the massive event weekend ahead, I would like to extend my heartfelt thank you to our Official Presenting Partner - NISSAN.

NISSAN's unwavering support and dedication have powered this event to new heights. Together, we're making fitness history, and the journey would not have been this exciting without them.

Now Redliners, get ready for an event, moment and opportunity that will change the trajectory of your fitness journey forever, giving you a whole new purpose, inspiration and motivation to be fitter and healthier than ever before.

It's time for an unforgettable experience at the inaugural REDLINE Fitness Games; see you there!

#REDLINEFitnessGames

#REDLINEbyNISSAN

#WhatIsYourREDLINE



REDLINER REGISTRATION



WHERE

Redliner Registration Counter

Ground Floor, MIECC, Jalan Dulang, Mines Wellness City,
43300 Seri Kembangan, Selangor

TIME

23 & 24 September 2023

06:30 – 18:00

WHAT TO BRING?



Digital copy of your Confirmation
Slip (email or screenshot)



Photo IC or Passport

Important Information

Redliners can only collect their entitlements on the day of their race. To gain access to expo and spectator viewing deck, they may show the registration team their confirmation email and get a Spectator stamp.

All check-in counters will be closed at 18:00 onwards on both days of the event and Redliners will not be permitted to collect their entitlements after this time.

If you cannot make it to the event, you may nominate someone to collect on your behalf. Please provide the collector with:

Copy of your Original ID / Passport

Digital copy of your Confirmation Slip (email or screenshot)

Team collections

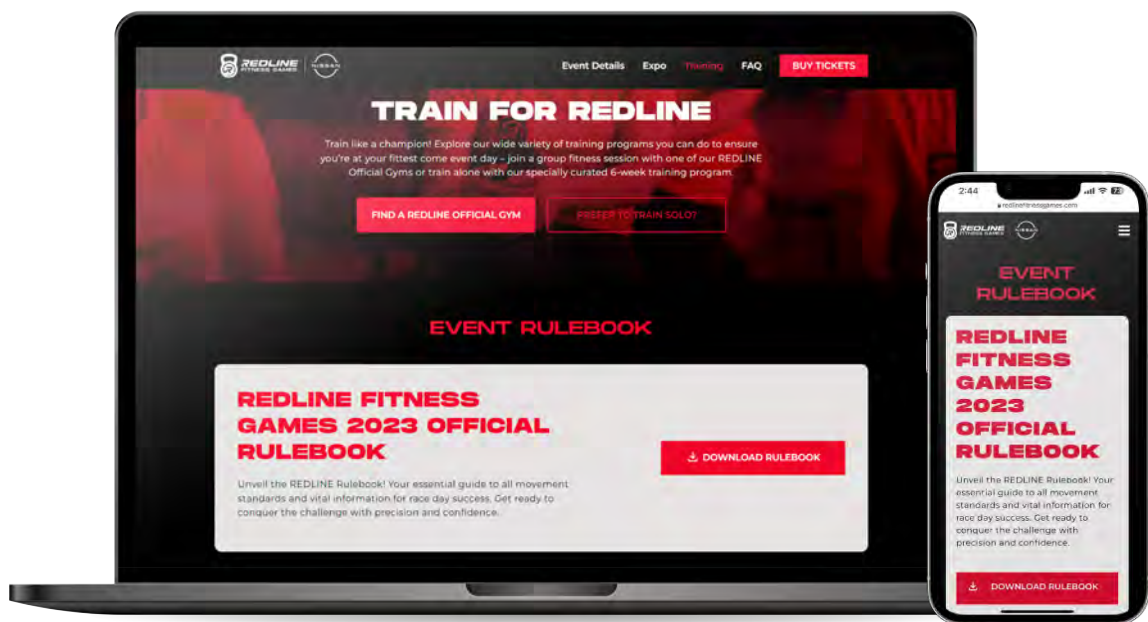
This applies for all Doubles & Team Relay categories and divisions (Men's, Women's, and Mixed).

Every team member **must collect their own entitlements and go through their own registration process.**

No team substitutes are permitted before or during the race. Should any unauthorized athlete be found competing as a team member, the team will be subjected to disciplinary action which may include disqualification.



SINGLES, DOUBLES OR TEAM RELAY: KNOW YOUR RULES!



Download the Official REDLINE Fitness Games 2023 Rulebook
via our website now.

The Rulebook is a complete guide of all you need to know
about the 12 workout stations as well as the event category
rules (e.g. Doubles, Team Relay, etc).

CLICK HERE TO VIEW



DISCOVER
EXCITEMENT



NEW NAVARA
BLACK EDITION

GLOSS BLACK DOOR MIRROR COVERS

GLOSS BLACK FRONT GRILLE CLADDING

TWO-TONE OVER FENDERS

GLOSS BLACK 17" ALLOY WHEELS*



EDARAN TAN CHONG MOTOR SDN. BHD.

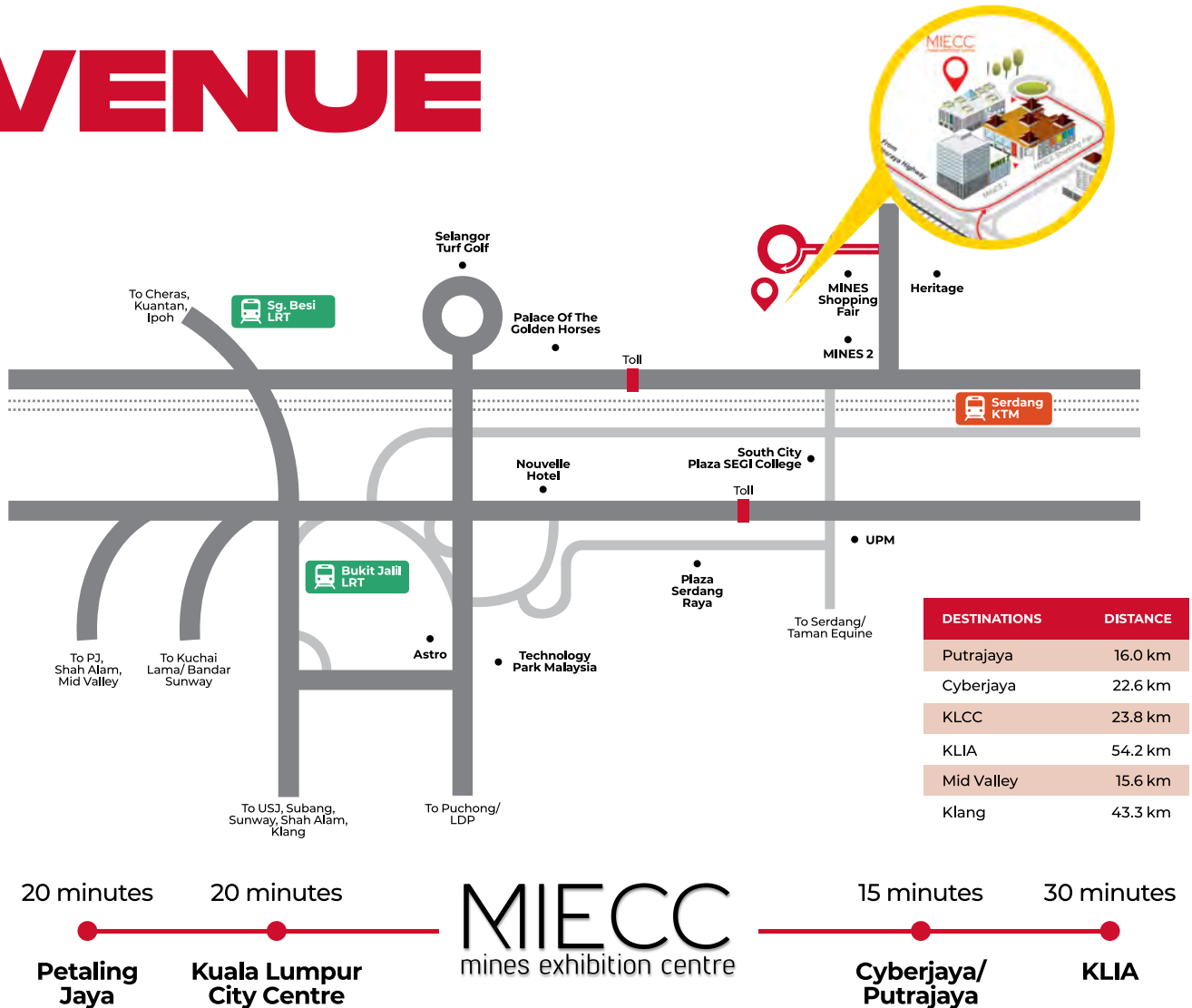
Reg. No. 199101020358 (230669-H)

A subsidiary of Tan Chong Motor Holdings Berhad

Reg. No. 197201001333 (12969-P)

*Applicable to Navara V variant only.

VENUE



PUBLIC TRANSPORT

KTM Commuter: Serdang KTM Station

Bus Station: Seri Kembangan Station

MRT: MRT Serdang Jaya (PY33), MRT Line 2 for Sungai Buloh - Cyberjaya

BY CAR

You can enter "MIECC" onto Waze or Google Map for directions straight to the venue.

PUBLIC PARKING

A fee of RM8.00 per entry will be charged for parking. Please note that the parking spots are limited and on a first-come, first-served basis.

VIP PARKING

If you are attending as a VIP guest, allocated parking is available. Please follow the signs to the VIP parking.

Reminder!

Please ensure you register 90 minutes before your start time and that you are at the start zone 15 minutes before your allocated start time.



EVENT SCHEDULE

23 SEPT SATURDAY

08:00

SINGLES

Women's Open

11:00

SINGLES

Women's Competitive

13:00

SINGLES

Men's Open

15:30

SINGLES

Men's Competitive



REDLINE
EXPO 2023

l'ivin.

GROUP
WELLNESS
CLASSES

Saturday 10:00 – 18:00

Sunday 09:00 – 16:00

REDLINE
DANCE FITNESS PARTY

Saturday 20:00 – 22:00

24 SEPT SUNDAY

08:00

DOUBLES

Women's Doubles

10:00

Men's Doubles

12:00

Mixed Doubles

14:00

TEAM RELAY

Women's Team Relay

15:00

Men's Team Relay

16:00

Mixed Team Relay

18:00

SINGLES

International Invitational

19:30

LUCKY DRAW

NISSAN Almera
Grand Prize Ceremony

20:00

Closing Remarks





REDLINE
FITNESS GAMES



DISCOVER
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1 REDLINE FITNESS GAMES TICKET = 1 ENTRY TO WIN*

ONE LUCKY REDLINER WILL DRIVE HOME IN A
BRAND NEW
NISSAN ALMERA

To be eligible to win the lucky draw for the Nissan Prize Car,
you will need to physically attend the Official Closing
Ceremony of REDLINE Fitness Games 2023 (19:30 onwards,
24th September 2023).

*Terms & conditions apply. Pictures are for illustrative purposes only.

PRIZES & AWARDS

FINISHER TOKEN

You'll receive an exclusive REDLINE Fitness Games 2023 Finisher Token when you complete your race.

Our unique mini-kettlebell (with detachable lanyard) is sure to be a hit on social media; make sure you finish, so you get yours and can show off with a photo!



CASH PRIZES

The top 3 men and women of Singles Competitive and International Invitational categories will be presented with an exclusive Winner's T-shirt and prize money at the Prize Giving Ceremony.

The top 3 men and women in the Singles Competitive (age category), Doubles (men's/ women's / mixed) and Team Relay (men's/ women's / mixed) will be presented with an exclusive Winner's T-shirt and a REDLINE Prize Pack .



SINGLES COMPETITIVE OVERALL WINNERS

1ST PLACE



CASH
RM 5000

2ND PLACE



CASH
RM 2000

3RD PLACE



CASH
RM 1000

**NON-CASH PRIZE
CATEGORY WINNERS**



**EXCLUSIVE
Prize Pack**

Prize Giving Ceremonies will take place approximately 30 minutes after the completion of each race category.



MUSCLE SUPPORT & RECOVERY



**WHEY-
BASED**



24^G
WHEY PROTEIN
FOR RECOVERY

4^G
NATURALLY
OCCURRING
GLUTAMINE &
GLUTAMIC ACID

5.5^G
NATURALLY
OCCURRING
BCAAs



SHOP NOW



**WORLD'S #1
SPORTS PROTEIN
POWDER BRAND¹**



¹ Source: Euromonitor International Limited; Consumer Health 2022 edition, Sports Protein Powder Category, % retail value share, 2021 data.



REDLINE
FITNESS GAMES



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GET YOUR **SPECTATOR** **TICKETS NOW!**

REDLINE EXPO + SPECTATOR PASS

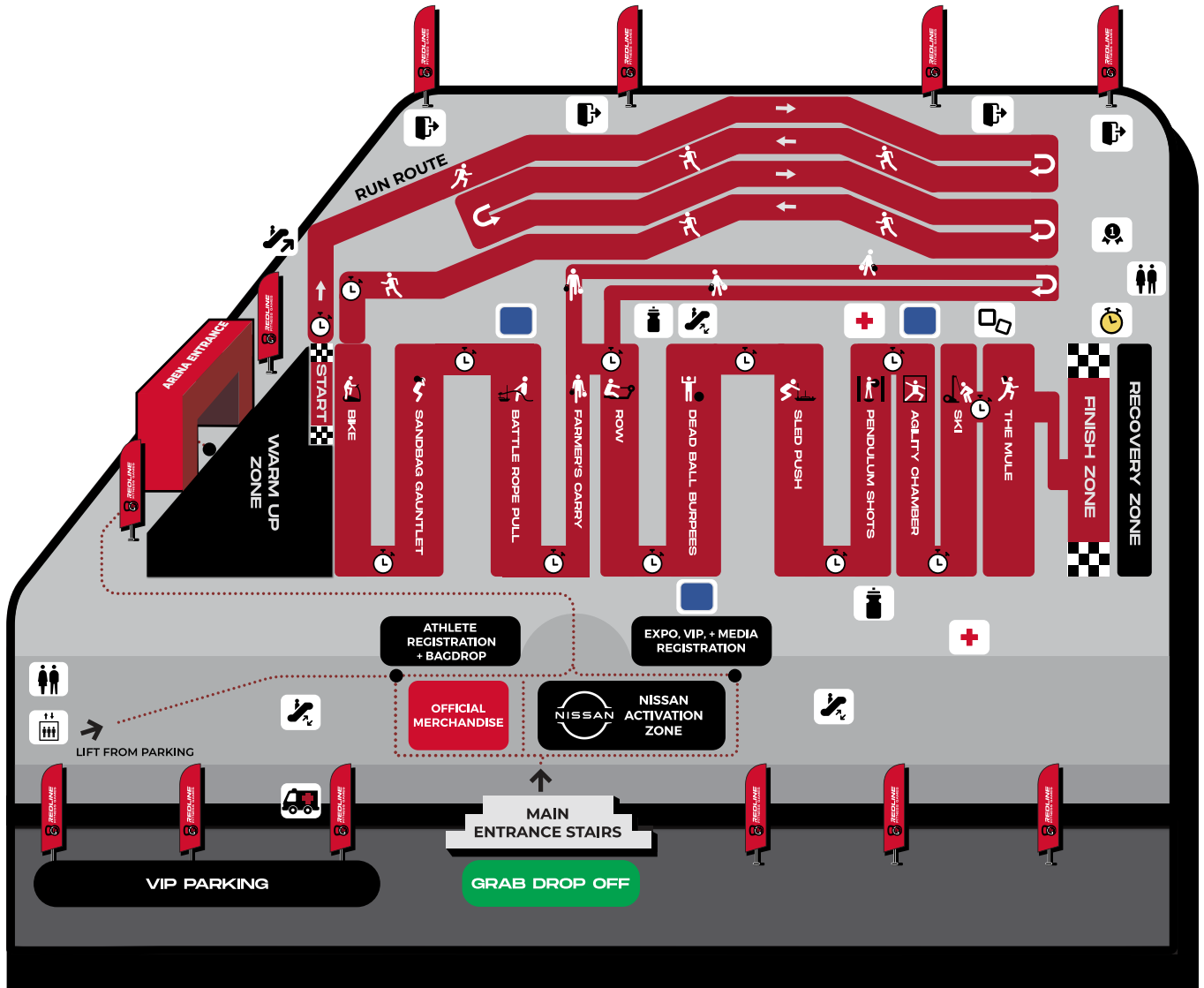
- Access to REDLINE Expo by L1vin
- Access to REDLINE spectator viewing deck

RM 29

CLICK HERE TO BUY NOW

REDLINER MAP

LEVEL 1, MAIN HALL



LEGEND



EMERGENCY
EXIT



FINISHER TOKEN
STATION



TEAM RELAY
CHANGEOVER



LIFT



TOILETS



WATER/ISOTONIC
STATION



NAVARA ICE BATH
STATION



TIMING
CHECKPOINTS



AMBULANCE



TIMING TENT

IMPORTANT INFORMATION



REGISTRATION

Collect your **event pack**, which includes your wristband and timing chip. The wristband is your entry for the entire weekend so please wear it at all times.



BAGGAGE & VALUABLES

Leave your **valuables at our bag drop**, then head to the warm up area once you're close to your start time.



START ZONE

Ensure you're at the **start zone 10 minutes before your allocated start time**. If you're late, you'll not be allowed to participate, so please be on time.



TIMING CHIP

Wear your **timing chip around your ankle**. If you don't wear it, then your time won't be recorded and your result status will show as "Disqualified". We'll collect timing chips at the end of your race.



EVENT RULES

Make sure you know the **event rules and movement standards**. Please note that headphones and mobile phones should not be used during the race.



HYDRATION

There are **2 water stations on the course**, and you can access them multiple times if needed. Drinks bottles are not recommended to be taken into the arena.



TEAM RELAY

Study the **transition zone locations** so that each member of your team knows where to start.



DOUBLES

Once in the arena, **take note of the 'doubles zones' for stationary workout stations**. This is where the non-working doubles partner must wait until they take over the station.



GET READY TO REDLINE!

Warm up properly, listen to the arena judges and have fun! Push your limits; you'll soon be a Redliner!



IMPORTANT INFORMATION



NO SHOWERS

There are **no shower facilities available** at the venue but there are a total of 3 available restrooms you can use to freshen up.



SURAU / PRAYER ROOM

There are two suraus available for use, one is located on Ground Floor and one on Level 2.



NO PHONES/TAKING PHOTOS

For the safety of yourself and Redliners around you, **use of phones and taking photos or videos is prohibited** while you are racing in the REDLINE arena.



EVENT PHOTOS

Professional photos will be captured by our Official Production team throughout the event, head to our website and click "Photos" to access the album – you can search for your pictures by **name or Athlete number**.



RESULTS

Provisional results will be available immediately after the race. Official results will be available as soon as the race category ends.



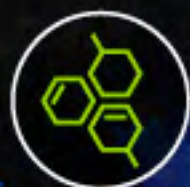
CAN I BRING KIDS?

Kids under the age of 5 may enter for free. Kids aged 6 years and above are required to purchase a spectator ticket.



ENHANCES PERFORMANCE & RECOVERY*

Rehydrate | Recover* | Re-energize



BCAA 2g
for muscle
recovery



Protein 10g
for muscle
support



**Vitamin
B3, B6 & B12**
helps with
energy release



Electrolytes
Retain body fluid
& improve mental
alertness



*One serving of 100PLUS PRO High Protein contains 2g BCAA which helps muscle recovery.
(Ref: Branched-Chain Amino Acids [BCAAs], [2023], Sports Dietitians Australia.

Row
Ski
Bike **ERG**



concept 2
MALAYSIA

Powered by Sport. Driven by Community.

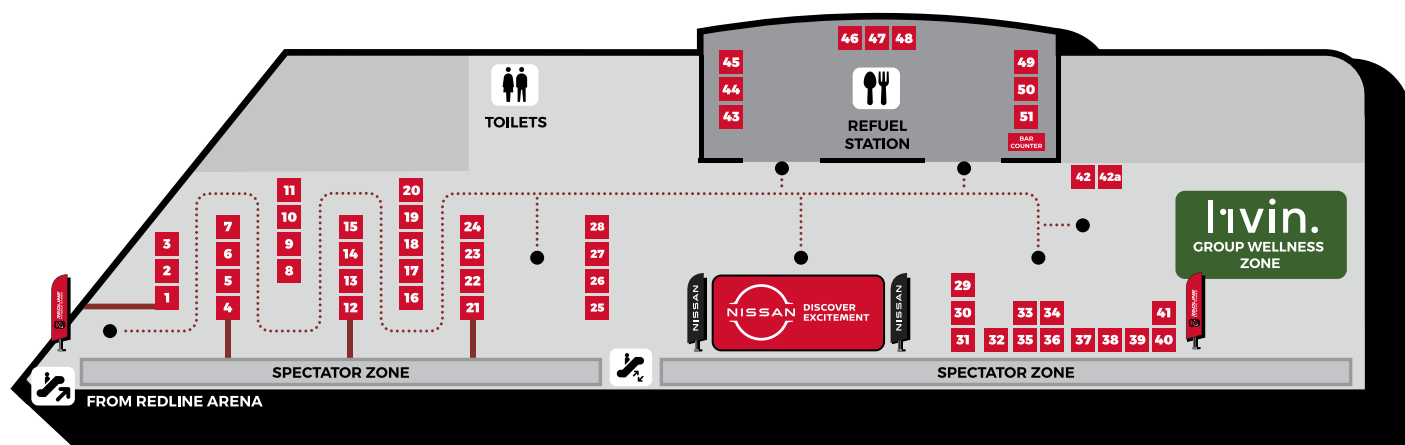


www.avironracing.com

AVIRON
racing

EXPO MAP

LEVEL 2, MEZZANINE FLOOR



Discover **50+ health, wellness, fitness, food & beverage brands** all under the one roof!

Expo Operational Hours 08:00 - 20:00 (Saturday & Sunday)

EXPO PARTNERS

1 MYZONE	8 HAMMER NUTRITION	14 UNION STRENGTH	20 ĀINA COLLECTIVE
2 CROSSFEET	9 FARMY	15 REHEALTH	21-22 MYFITBOX
3 ATF SPORTS	10 MYSOCCER	16 HANKY PLANTY	23-24 10OPLUS
4 TROOPERS	11 SWEAT SPA	17 EAGLL	25-28 OPTIMUM NUTRITION
5 HEAL NUTRITION	12 SYNTEQ	18 MATE MATE	29-31 SAVAGE GEARS
6-7 TUNE PROTECT PUMP	13 NOURISH ME	19 WILD KOMBUCHA	32 F45
33-36 CONCEPT2, AVIRON RACING	43 SHAKEASY	49 LARDER BY 23 AUBERGINE	
37-39 FITNESS FIRST, CELEBRITY FITNESS	44 BLVCK	50 CURBSIDE CANTINA	
40-41 BLACKBOX	45 II CAPRESE	51 NACHOSLAH	
42 LIVIN	46 SEZTY EATZ	BAR COUNTER: COOLCATS	
42a REMEDY	47 VIB ICE CREAM		
	48 HIJAU		

SAVAGE GEARS



 REDLINE
FITNESS GAMES



Pump
Get Healthy. Earn Rewards.

LET'S GET PUMPED!

Achieve fitness goals & earn rewards with **Tune Protect's PUMP**. Membership is 100% FREE.



DOWNLOAD HERE

Claim your **RM10 e-voucher** when you sign up today!



Track your health effortlessly



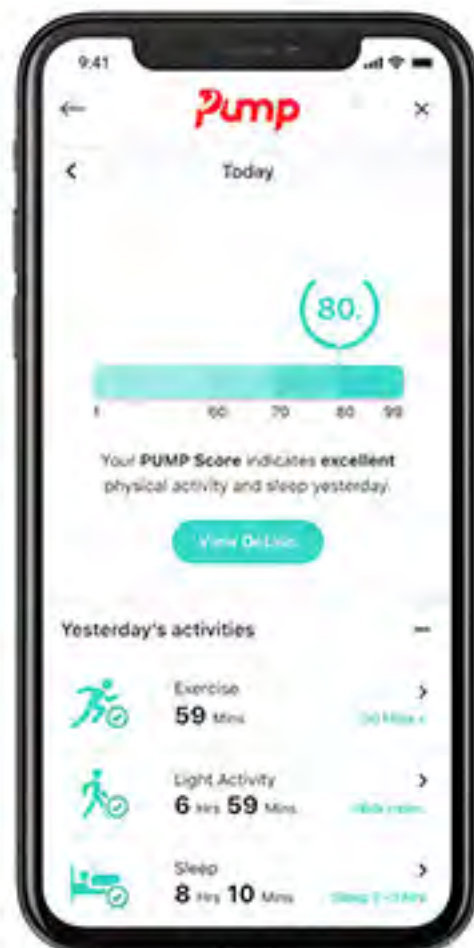
Enjoy exclusive rewards & benefits



Tools for mindful practices



Join fun challenges & activities



REDLINE DANCE FITNESS PARTY

20:00, 23 SEPTEMBER 2023



Come and party with us! Join us for two hours of non-stop fun, music and dancing.

RM 50 per entry or selectable via I!vin 1-class or 5-class pack

20:00	Introduction & Warm-Up	#LiveTheBeat Squad
20:15	Zumba	Achai, Sunny Cheong
20:30	Dance Showcase	Lely Herly Special Guest from Indonesia
21:00	Zumba	Hanif Shawn, May Myraz
21:20	Zumba	Jacinda Webb
21:30	Hip Hop Cardio	Hazmi Flip, Uchop Matt
21:40	Groove Jam	Hannah Kamal, Maybelline Wong

**Tickets
Required!**

To participate in I!vin Group Wellness sessions, you will need to purchase either the REDLINE Dance Party Pass, a 1-class pack or 5-class pack and register for this event.

BUY TICKET NOW



l1vin. GROUP WELLNESS

23 – 24 SEPTEMBER 2023

Recover the right way after redlining with your favorite instructors and explore a variety of health and wellness brands within our massive REDLINE Expo!

SATURDAY 23 SEPTEMBER

10:00	l1vin Mobility & Flexibility	Kit Lim The Flow Studio, Jal Yoga, Babel
11:00	l1vin Movement Meditation & Music	Ashley Sue Lyn Wellness &, FLYPROJECT
12:00	l1vin Pilates Sculpt & Strength	Julia Van Der Drift Sculpt Club
14:00	l1vin Barre Signature	Allisha rebarre
16:00	l1vin Stretch & Release	Diana Nafas Yoga
17:00	l1vin Dancersice	MJ Thrive, Movement Dynamics
20:00	REDLINE Dance Fitness Party	REDLINE Dance Crew

SUNDAY 24 SEPTEMBER

09:00	l1vin Tone Up	Milad Union Strength
11:00	l1vin Full Body Sculpt	Maryam Union Strength , PassionFit
12:00	l1vin Flow & Glow	Atilia Haron Prahara Yoga, Hippie Hub
13:00	l1vin Muay Thai	Herry & Yoe Merican Muay Thai
15:00	l1vin Kamileon X Signature Mix	Nigel & Elaine Kamileon X

**Tickets
Required!**

To participate in l1vin Group Wellness sessions, you will need to purchase either a 1-class pack or 5-class pack and register for the classes you wish to join.

BUY TICKET NOW



Visit us at Booth 21 and 22!

FUEL UP WITH
MYFITBOX

Better, Functional Snacks On The Go

How **HIGH** can you **GO**?

Are you "UP" for
the challenge?

Take part in our game and win FREE
treats from myFITBOX!



FOLLOW US
FOR MORE INFO



TROOPERS

SUPERCHARGE YOUR TEAM WITH FLEXIBLE WORKERS!

**Hire Your Part-Time MANPOWER
with TROOPERS**

PROMOCODE : REDLINE

and enjoy 0% service fee on your first order

**Visit www.troopers.com.my to
supercharged your business hiring
needs today.**

Promotion ends 31st October 2023



REDLINE
FITNESS GAMES

GET READY TO REDLINE!

23RD & 24TH SEPTEMBER 2023

OFFICIAL PRESENTING PARTNER



**DISCOVER
EXCITEMENT**

MAIN PARTNERS



livin.



SUPPORTING PARTNERS

