



REDLINE

BY

PRUDENTIAL 

OFFICIAL EVENT GUIDE

REDLINE Fitness Games by Prudential,
Kuala Lumpur 2026

25 & 26 JULY 2026 | MIECC, THE MINES



HELLO, REDLINERS.



Welcome to REDLINE.

Every year, what moves me most is not just the race itself. It is the people.

The racers who show up with courage. The teammates who push each other through tough moments. The gyms that bring their communities together. The judges who guide every station. The supporters who make the whole arena come alive.

REDLINE was built to test your strength, endurance, focus, and resilience across the 12 stations. But more than that, it was built to bring people together. Because when the race gets hard, it is the person beside you, the cheer from the crowd, the encouragement from your teammate, and the energy of the community that helps you keep going.

This year, REDLINE Kuala Lumpur continues to grow. What started as a race has become a movement that brings together athletes, first-timers, teams, gyms, brands, families, and friends under one roof. And as we expand beyond Malaysia into the region, we carry the same spirit with us: community first, race second.

Everyone comes into REDLINE with a different story. Some of you are chasing a personal best. Some of you are racing for the first time. Some of you are doing this with your friends, your gym, your partner, or your team. Whatever your reason is, I hope you know that you belong here.

This race is not only about crossing the finish line. It is about the moments in between; the support, the grit, the laughter, the nerves, the high-fives, and the reminder that we are stronger when we do this together.

So when you step onto the REDLINE floor, race hard, but also look around. Cheer for someone. Help someone believe they can keep going. Celebrate every finish, not just the fastest one.

As REDLINE grows from Kuala Lumpur to the region, this is the energy we want to take with us. A community that shows up, supports each other, and proves that fitness can bring people together in a powerful way.

That is what REDLINE is about.

Melanie Tan
REDLINE General Manager

#REDLINEbyPrudentialMY #REDLINEFitnessGames #REDLINEKL #WhatIsYourREDLINE

STANDING STRONG TOGETHER!



At Prudential Malaysia, we believe resilience is about more than physical strength. It is about having the confidence to face life's challenges, protecting what matters most, and moving forward with purpose despite uncertainty. These values are what make our partnership with REDLINE Fitness Games a natural fit.

REDLINE by Prudential brings together individuals who are willing to challenge themselves, push beyond their comfort zones, and strive for new personal achievements. More importantly, this partnership reflects our commitment to helping Malaysians build resilience in all aspects of life, from leading active lifestyles and prioritising wellbeing to protecting their loved ones and preparing for life's uncertainties.

We are proud to support initiatives that inspire Malaysians to take positive steps towards healthier, more fulfilling lives and to become the best version of themselves.

To all REDLINERs taking on this weekend's challenge, we commend the dedication, determination, and resilience that have brought you to the starting line. Whether you are striving for a personal best, competing alongside friends, or challenging yourself to achieve something new, every milestone is worth celebrating.

On behalf of everyone at Prudential Malaysia, we wish you all the best at REDLINE Fitness Games Kuala Lumpur 2026 and an inspiring race weekend ahead.

Stand strong, stay resilient, and discover your REDLINE.

Chee Foong Wai
Chief Customer, Marketing & Product Officer
Prudential Assurance Malaysia Berhad

#REDLINEbyPrudentialMY #REDLINEFitnessGames #REDLINEKL #WhatIsYourREDLINE

Stand Strong Beyond the **Finish Line**



Taking on **REDLINE** is a testament to your determination, resilience and commitment to pushing your limits. While physical strength helps you conquer challenges on race day, life's unexpected setbacks can sometimes require a different kind of resilience.

When challenges arise, being resilient isn't about having all the answers. It's about being prepared, having the right support, and finding the confidence to move forward despite uncertainty.

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Member of PIDM.

Whether you're pursuing your next fitness goal, growing your career, or building a future for your loved ones, the steps you take today can help you stay strong for what matters most tomorrow.

At **Prudential**, we believe resilience extends beyond race day. That's why we offer solutions such as **PRUMy Critical Care (PMCC)**, a critical illness solution designed to help individuals and families prepare for life's unexpected health challenges.

Protect your future.
Stand strong
for the people
who matter most.



[Tap here to learn more about PRUMy Critical Care.](#)

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Prudential Assurance Malaysia Berhad 198301012262 (107655-U)
Level 26, Menara Prudential, Persiaran TRX Barat,
55188 Tun Razak Exchange, Kuala Lumpur, Malaysia.

Tel: 03-2771 0228, 03-2116 0228
Website: www.prudential.com.my



REDLINER REGISTRATION

VENUE

REDLINE Registration Counter

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

TIME

Saturday, 25 July — from 6:30 AM to 8:30 PM

Sunday, 26 July — from 6:30 AM to 7:30 PM

WHAT TO BRING?



Digital copy of your Confirmation Slip (email or screenshot)



Photo ID (IC or Passport)

Important Information

Please ensure you collect your race pack at least 60 minutes before your wave starts. Race pack collection is available on both event days:

- **Saturday, 25 July — from 6:30 AM to 8:30 PM**
- **Sunday, 26 July — from 6:30 AM to 7:30 PM**

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)**

Your registration ticket also serves as a spectator ticket for both event days.

Doubles & Team Collections

Every team member must register and collect their own race pack.

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!

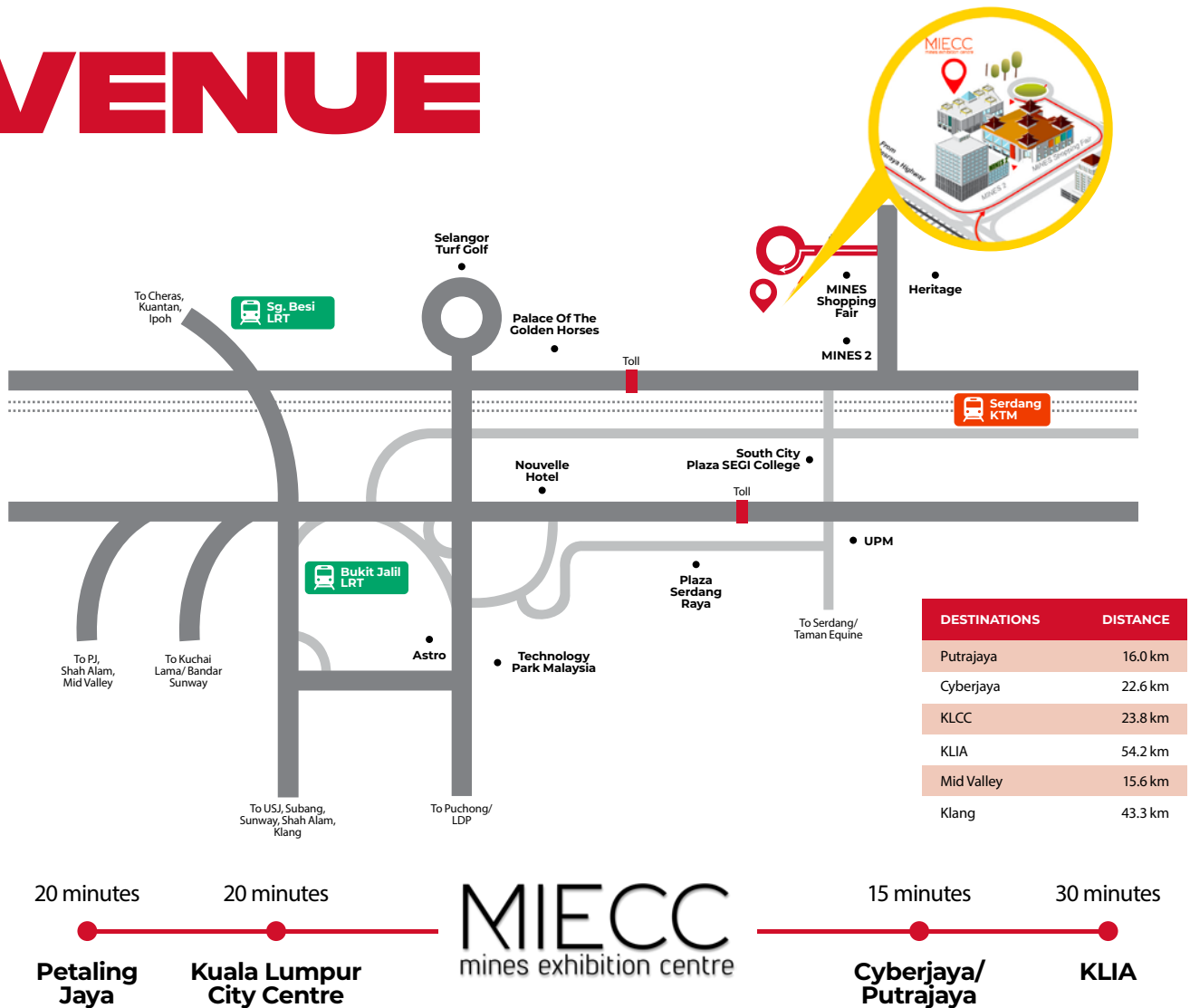


Download the Official REDLINE Fitness Games 2026 Rulebook via our website now.

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

DOWNLOAD VIA WEBSITE

VENUE



PUBLIC TRANSPORT

MRT (Putrajaya Line): Serdang Jaya MRT Station

MRT Feeder Bus: Bus Number T565

KTM Commuter (Seremban Line): Serdang KTM Station

BY CAR

You can enter “MIECC” onto Waze or Google Maps 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 60-90 minutes before your start time. Get your timing chip at start 15 minutes before your allocated wave time.

EVENT SCHEDULE

CATEGORY FLAG OFFS

SATURDAY

25 JULY 2026

SINGLES

- 07:30
Men's Level 1 (Beginner)
- 08:30
Women's Level 1 (Beginner)
- 10:00
Women's Level 2 (Intermediate)
- 12:55
Women's Level 3 (Advanced)
- 13:40
Men's Level 2 (Intermediate)
- 16:30
Men's Level 3 (Advanced)
- **TEAM RELAY**
- 17:50
Women's Team Relay
- 18:30
Mixed Team Relay
- 19:10
Men's Team Relay

SUNDAY

26 JULY 2026

DOUBLES

- 08:00
Women's Doubles
- 11:35
Mixed Doubles
- 15:00
Men's Doubles
- **SINGLES**
- 17:25
Men's Level 1 (Beginner)
- 17:50
Women's Level 1 (Beginner)

PRIZEGIVING CEREMONIES



SATURDAY

25 JULY 2026

- | | |
|-------|----------------------|
| 13:10 | Women's Intermediate |
| 14:00 | Women's Advanced |
| 16:50 | Men's Intermediate |
| 18:15 | Men's Advanced |
| 18:50 | Women's Team Relay |
| 19:35 | Mixed Team Relay |
| 19:55 | Men's Team Relay |



SUNDAY

26 JULY 2026

- | | |
|-------|-----------------|
| 11:45 | Women's Doubles |
| 15:15 | Mixed Doubles |
| 17:30 | Men's Doubles |

**All scheduled times are subject to change.*

Wave Start Times

Visit the REDLINE Kuala Lumpur event website to view your allocated Wave Start Time. Please arrive 60-90 minutes before your scheduled wave to allow sufficient time for race pack collection and warm-up.

ENTITLEMENTS & PRIZES



- T-shirt or Sleeveless
- Totebag
- Sweat Towel
- Tattoo Sticker
- Finisher Medal
- Results With Split Timings
- On-Course Aid Stations
- REDLINE Arena With F&B & EXPO
- Prize Money - Singles Level 2 & 3

1ST PLACE

2ND PLACE

3RD PLACE

SINGLES
Level 3 (Advanced)
 Men's & Women's
 Overall Winner (Top 3)


CASH
RM 1000


CASH
RM 700


CASH
RM 300

+ AGE GROUP WINNERS

18-39 | 40-49 | 50+ (TOP 3) Winner's Token

SINGLES
Level 2 (Intermediate)
 Men's & Women's
 Overall Winner (Top 3)


CASH
RM 750


CASH
RM 500


CASH
RM 250

+ AGE GROUP WINNERS

16-39 | 40-49 | 50+ (TOP 3) Winner's Token

DOUBLES
 Men's, Women's, Mixed

TEAM RELAY
 Men's, Women's, Mixed


**WINNER'S
 TOKEN**


**WINNER'S
 TOKEN**


**WINNER'S
 TOKEN**



WITNESS THE ADRENALINE-PUMPING ACTION UP CLOSE AND PERSONAL

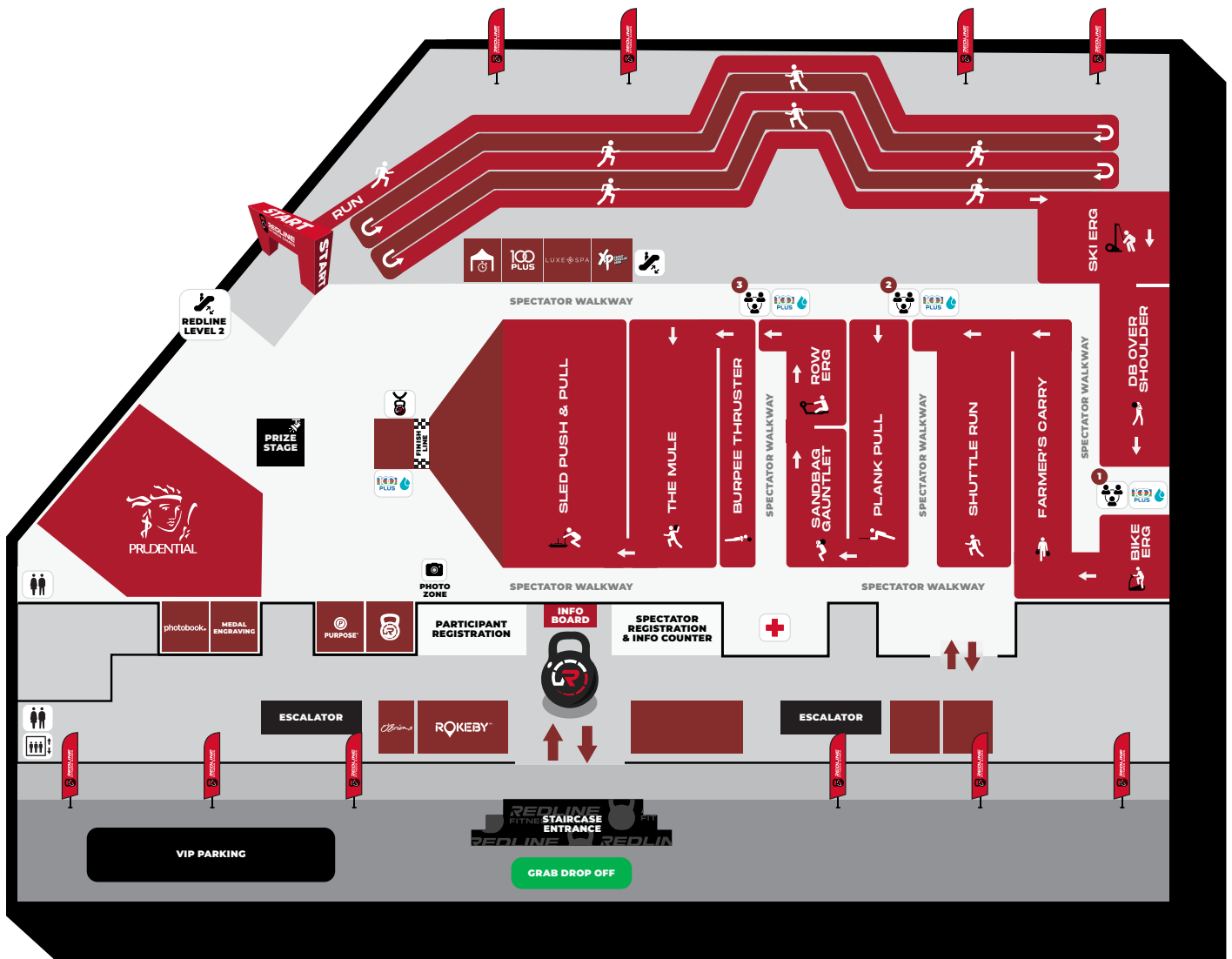
GET YOUR **FREE** **SPECTATOR** **TICKETS NOW!**

- Access to REDLINE Expo
- Access to REDLINE Spectator Viewing Deck

REGISTER VIA WEBSITE

REDLINER MAP

LEVEL 1, MAIN HALL



LEGEND



100PLUS / WATER STATION



FINISHER MEDAL STATION



MEDIC STATION



PHOTO ZONE



TEAM RELAY CHANGEOVER BOX



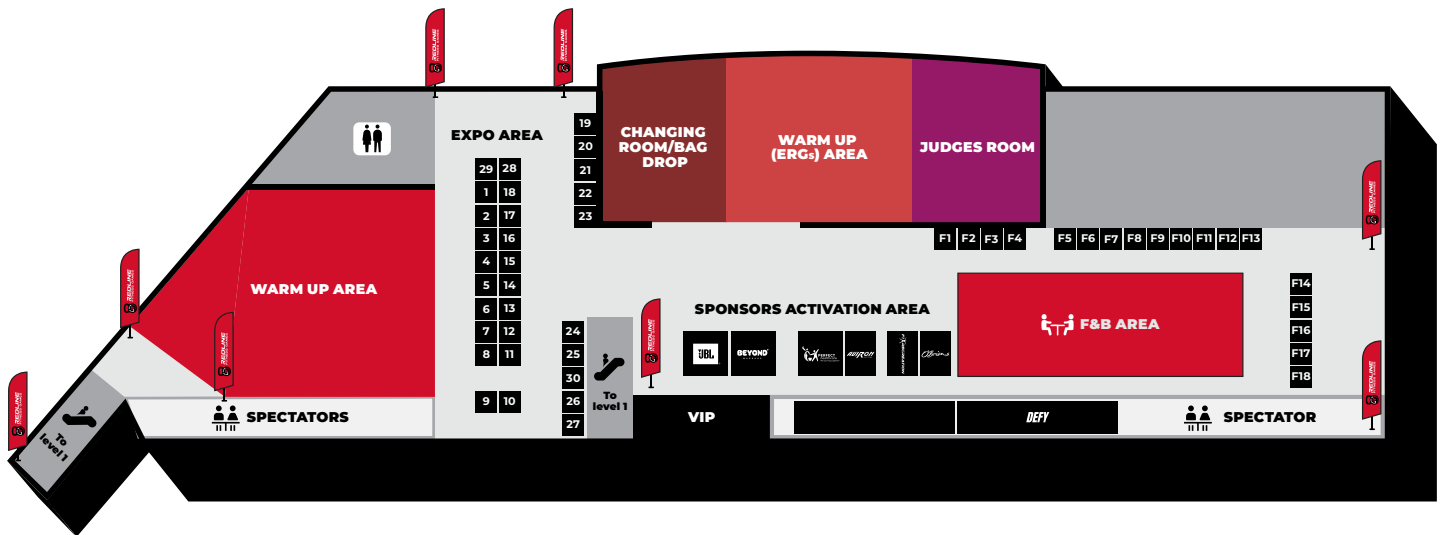
TIMING STATION



WASHROOM

EXPO MAP

LEVEL 2, MEZZANINE FLOOR



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

Expo Operational Hours: Saturday 07:30 - 22:00 | Sunday 07:30 - 20:00

EXPO PARTNERS

EXPO

- Justice for Wildlife Malaysia
- Magniluv
- Realm
- Bendy Bunch
- Rule One Proteins
- Above Hydration
- Simple Fittus
- N8
- SBD MALAYSIA & STRENGTH YARD ASIA
- Yeong Young
- One More Rep
- Ultimate Sport Nutrition

EXPO

- Wolves Fitness
- Zeroless
- Ultrahuman
- Blackbox Fitness
- Thunderwear
- Kalbe
- PEAKFLOW
- Beoka
- Standard Issue
- Clear Strength
- Lushprotein
- BLOP
- MyGumHealth

FOOD & BEVERAGES

- Awesomely Shakeasy
- Black Hub
- La Juiceria
- Smoochie Juice
- Coffee Bean & Tea Leaf
- Nyior Fresh Coconut
- Little Bun
- Nachoslah
- CoCoQi
- Chiew Pai
- LIMONÉ
- Razz Food Link Resources
- Stack'd Burger
- dáo
- Joshi Josh
- Ghostbird Coffee



IMPORTANT INFORMATION



REGISTRATION

Collect your event pack including your race t-shirt and wrist band. You'll get your timing chip at the start.



BAGGAGE & VALUABLES

Leave your valuables at the bag drop on the Mezzanine Floor (Level 2), then head to the warm-up area as your start time approaches.



START ZONE

Will open 15 minutes before your start time, you will receive your timing chip when entering the start pen. You must be in the starting pen no later than 5 minutes before your start 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 hand you your timing chip at the start and collect them at the finish line.



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 3 water stations on the course. Hydration, electrolyte gels and salt tabs are only permitted if carried on-person at all times. Littering on the race course is strictly prohibited.



TEAM RELAY

Study the locations of the changeover boxes on the map so that each member of your team knows where to start.



DOUBLES

In the arena, the resting partner must wait at the designated marked point or follow directly behind the working partner. One exception: During Shuttle Runs the resting partner waits at the end of the running lane.



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

For safety reasons, **the use of phones is prohibited** while you are racing in the REDLINE arena.



NO PHOTOGRAPHY / VIDEO RECORDING

The use of DSLR or mirrorless cameras is not permitted during REDLINE Fitness Games. Thank you for your understanding and cooperation!



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 selfie search.



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?

Children aged 6 and above will need a free spectator ticket.



REDLINE

BY

PRUDENTIAL



FAZRY

LINORA

HARRIS

ENTERTAINMENT SQUAD

OFFICIAL EMCEES

WHERE IS YOUR NEXT **REDLINE** DESTINATION?



26 SEPTEMBER 2026

HO CHI MINH CITY

SAVE 15% | ONE WEEK ONLY
USE CODE: RL26KL15

ARE YOU
READY TO
REDLINE?



22 NOVEMBER 2026

BANGKOK

SAVE 15% | ONE WEEK ONLY
USE CODE: RL26KL15

LET'S PUSH
THE LIMITS
TOGETHER!



23 JANUARY 2027

SINGAPORE

FROM SGD 89, REGISTER NOW
& SAVE SGD 40.

IT'S YOUR
TURN TO
REDLINE



2027 ANNOUNCING SOON

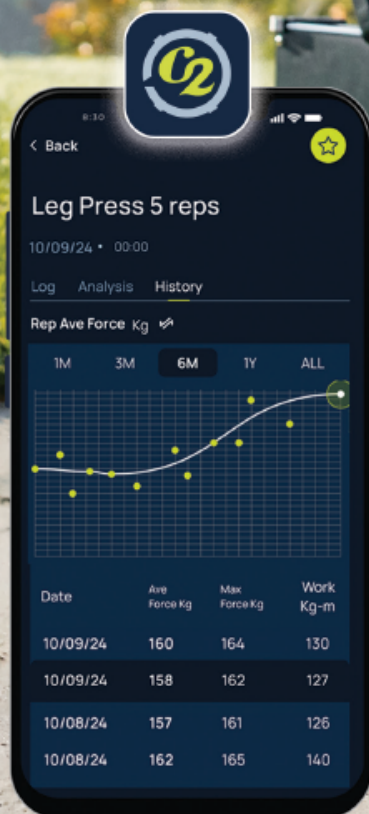
KUALA LUMPUR

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INTEREST



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25-26 July

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The Hard
Part.

BE
YOND



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immediate recovery

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stand a chance to
win exclusive prizes!



GOING ABOVE & BEYOND

At Beyond Massage, we believe feeling good shouldn't stop when you leave the treatment room.

Our skilled physiotherapists combine hands-on massage with physiotherapy-led techniques to target the root of the problem, not just the symptoms. Every session is tailored to what your body needs, whether that's easing stubborn knots, improving mobility, or helping you recover from training and the demands of everyday life.

**Connect
with us!**



T&Cs apply.



REDLINETM
FITNESS GAMES

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GO 3 *

(RSP: RM149)



AT
RM99*
ONLY

FREE

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DISCOVER

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REDLINE

BY PRUDENTIAL 

THANK YOU, GYM PARTNERS

A big shoutout to our incredible gym partners!

We're proud to have them as part of the REDLINE journey, and we know you're stronger because of them.

MORPH

DEFY



2EZ
Training Club

THE BACKYARD
TRAINING


senam

TRIBE

PEAK
FITNESS

 **PRO TECH**
-HEALTH & FITNESS-


BREAKAWAY
FITNESS

the **greycloud**

 **D13**
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