



GET YOUR OFFICE MOVING.

We bring the fitness event to you.

Redline turns your workplace, company gym or chosen venue into an inclusive team fitness competition for everybody.

TEAM COMPETITION / LIVE SCORING / FULL EVENT DELIVERY



redlineevents.ie

We Build It. You Bring the Team.

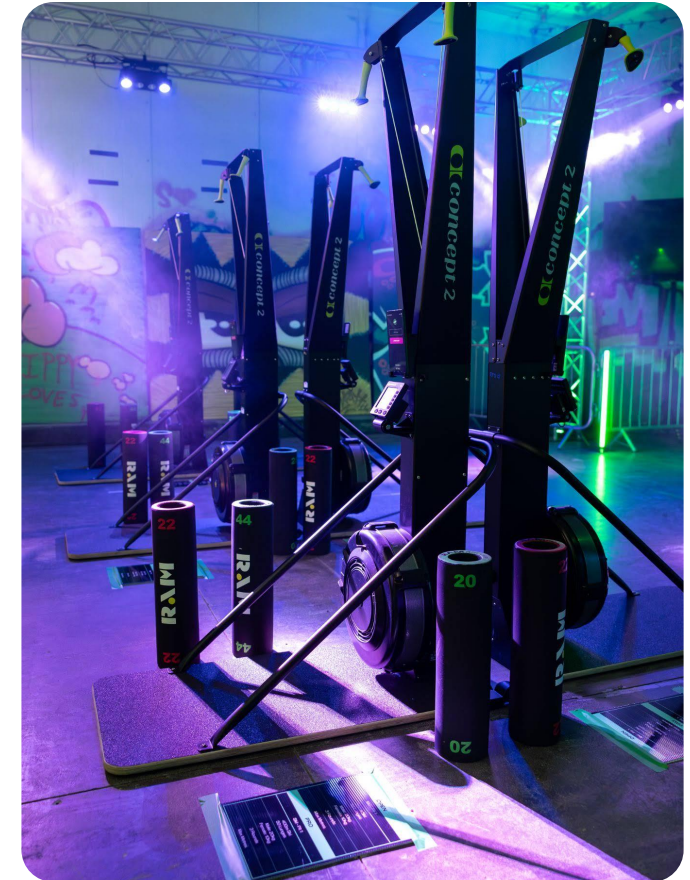
We turn your workplace, company gym or chosen venue into a live team competition. Redline designs the format, brings the equipment and technology, and manages the event from briefing to final results - you simply bring the team.

01 PLAN Challenge format, teams, heats, event flow and safety planning.

02 BUILD Equipment, competition floor, audio and live-scoring technology.

03 DELIVER Event crew, briefings, judges, Photographers, heat management and live competition.

04 FINISH Verified results, winners, podium and event content.



We build it. You bring the team.

Choose the challenge.

Four formats. Live scoring. One fully managed event.

01 PROJECT 8

Teams of two. Timed workout zones. Live scoring and a full race feel.

02 GO THE DISTANCE

Teams of Four chase the greatest combined distance across BikeErg, RowErg and SkiErg.

03 THE TEAM PURSUIT

Teams of 4 complete a set workout in the fastest possible time. All about strategy.

04 THE ENGINE ROOM

Teams of two chase maximum BikeErg distance, with battle-rope challenges every four minutes.



Need something different? We can build a challenge around your team, venue and objectives — with live scoring and real-time leaderboards.

Option 1

Project 8

A full fitness race. Inside your workplace.

Teams of two compete through four timed workout zones. One athlete works at a time and teammates can switch whenever they need. Every metre counts.

TEAM SIZE | Teams of 2

OBJECTIVE | Maximum metres across four workout zones

FORMAT | Four timed workout zones with ergs, ropes + Ram Rollers

How it works: *One athlete works at a time. Teams move through all four zones, switching whenever they need.*



THE FEEL | High-energy / race-day atmosphere / spectator friendly

Option 2

Go the Distance

20 minutes. Three machines. One team score.

Teams of four work across BikeErg, RowErg and SkiErg to build the biggest combined distance before the 20-minute clock runs out. Strategy, rotation and pacing are key.

TEAM SIZE | Teams of 4

OBJECTIVE | Greatest combined distance in 20 mins

FORMAT | BikeErg + RowErg + SkiErg · 2 athletes working at once

How it works: *Only two athletes can work at the same time. Teams decide when to rotate and where to place their strongest athletes.*



THE FEEL | Simple / accessible / strategic

Option 3

The Team Pursuit

One workout. One clock. Fastest team wins.

Teams of four race to complete a fixed combination of BikeErg, RowErg, SkiErg and battle ropes in the fastest possible time. Strategy decides the order.

TEAM SIZE | Teams of 4

OBJECTIVE | Fastest time to complete the workout

FORMAT | 4 km Bike · 3 km Row · 2 km Ski · 800 rope reps

How it works: *Tasks can be completed in any order. One athlete works at a station at a time. Swaps are allowed at any time.*



THE FEEL | Fast / competitive / team-focused

Option 4

The Engine Room

A BikeErg team race with a battle-rope twist.

Teams of two share one BikeErg and race for maximum distance over 20 minutes, with a battle-rope challenge every four minutes.

TEAM SIZE | Teams of 2

OBJECTIVE | Maximum BikeErg distance in 20 minutes

FORMAT | BikeErg relay · 200 battle-rope reps every 4 minutes

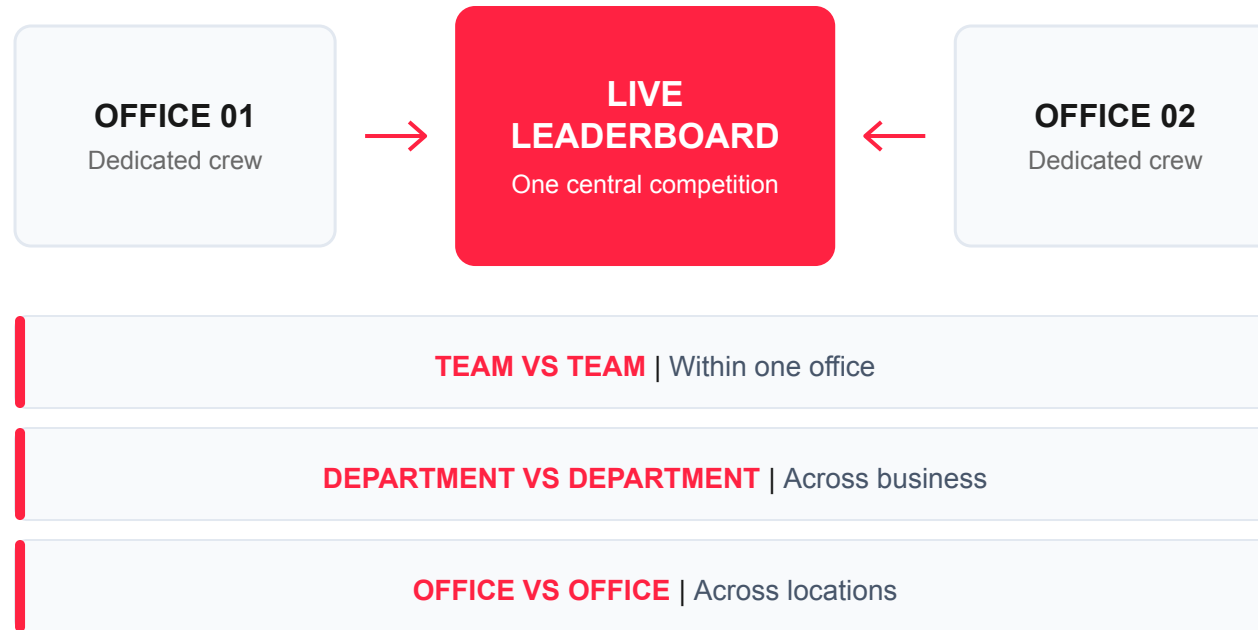
How it works: *Athletes alternate on one BikeErg. At 4 / 8 / 12 / 16 minutes, cycling stops until the rope reps are complete.*



THE FEEL | Compact / energetic / easy to activate

One office. Or many.

Run one site — or connect multiple locations through our live-scoring technology. Every score updates in real time.



Same rules. Same timings. One live ranking.

Powered by our custom proprietary live-scoring software. Ideal for companies with multiple offices, campuses or gym locations.

More than a fitness event.

A shared challenge will strengthen culture, connection and engagement - while giving employees an experience they genuinely enjoy.

BUILD CULTURE

Shared experiences bring people together across teams, departments and roles.

STRENGTHEN CONNECTION

Give colleagues a reason to interact beyond their day-to-day work.

DRIVE ENGAGEMENT

Competition and team goals create energy, participation and conversation.

SUPPORT RETENTION

Positive workplace experiences can strengthen belonging and connection to the company.

PROMOTE WELLBEING

Make movement social, accessible and enjoyable for a wide range of abilities.

EMPLOYER BRAND

Create a memorable experience employees are proud to take part in and share.

GOOD CULTURE IS BUILT THROUGH SHARED EXPERIENCES.

We create one your people will want to take part in - and talk about afterwards.

GET IN TOUCH



Let's Get Your Office Moving.

Book a quick call.

Tell us your team size, location and what you want to achieve. We'll recommend the right challenge and build the event around you.

BOOK A 20-MINUTE CALL →

Redline Events
info@redlineevents.ie
086 355 6077



Bring us the objective.
We'll build the event.