

# AIA ULTIMATE FITNESS*FEST* 2026

**STUDENTS'  
HANDBOOK**

1

WHAT IS  
AIA ULTIMATE FITNESSFEST (UFF)?

The awesome challenge  
I've qualified for!

2

ROAD TO FINALS

I've met my mentor, now what?

3

FINALS

Time to show what I'm made of!

# About AIA Ultimate FitnessFest



A 6-month campaign to kickstart your fitness journey:

## Exam Welfare

Power through  
exams with Matcha

March - April

## Pre-Qualifiers

Stay active during  
semester break

May -June

## Qualifiers

Form teams of 2

July - August

## Mixer & Road-to-Finals

Train together  
leading up to  
Final

September

## Finals

3-4 October 2026  
@ Geneo  
The Canopy

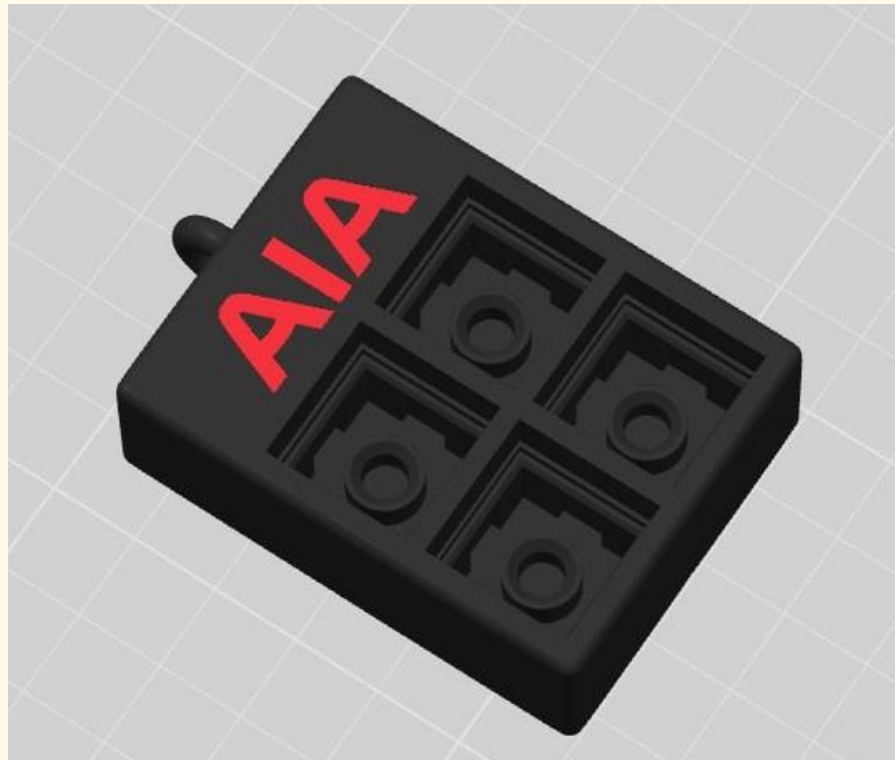
October

# ROAD-TO- FINALS 2026

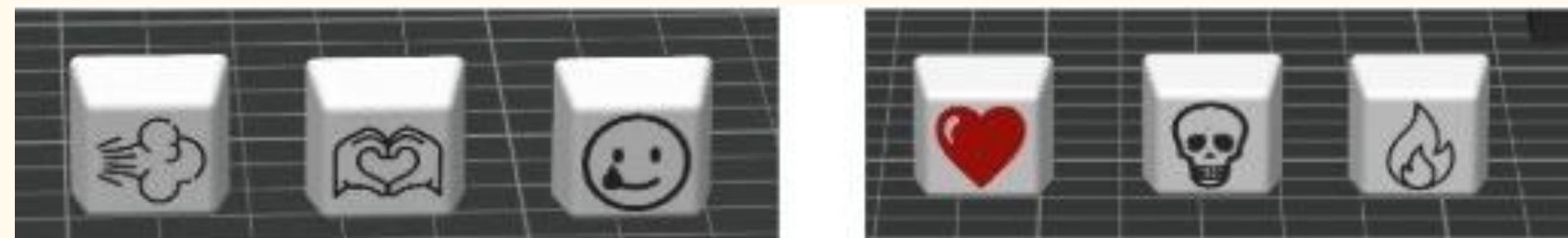
NOW TILL 3-4 OCTOBER 2026

# AIA UFF Passport

AIA  
ULTIMATE  
FITNESS *FEST*



1x Base and 1x Key Cap  
Handed out during Mixer



Mentors have your other 3 key caps!

Check-in with your mentor on how to collect!

# Time Trial @ REVL Training RV

## PUT YOUR TRAINING TO THE TEST

One week before Finals, join your Mentor for a shortened race simulation to familiarise yourself with the race format, test your pacing and identify areas to work on before race day.

### Details:

- 26 to 27 SEPTEMBER 2026
- 1.00PM – .00PM
- REVL Training River Valley
- 3E River Valley Road, #01-08

### WHAT TO EXPECT (30-MINUTE SESSION):

- Attend together with your Mentor and fellow mentees
- Complete a 50% simulation of your Finals race format
- 25-minute time cap - complete as much of the simulation as you can
- Participants who complete the simulation within 25 minutes will receive an estimated Finals race timing
- If you reach the time cap, your progress will be recorded to help you identify areas to work on

Your Time Trial result will **NOT** affect your Finals qualification or race position.

### BOOKING YOUR SLOT

Your Mentor will coordinate and book the Time Trial slot for your group. Slots are available in 30-minute intervals and are subject to availability.

Come ready to test your pace. Leave knowing what to work on for Finals.

# AIA UFF FINALS 2026

**3 – 4 OCTOBER 2026**

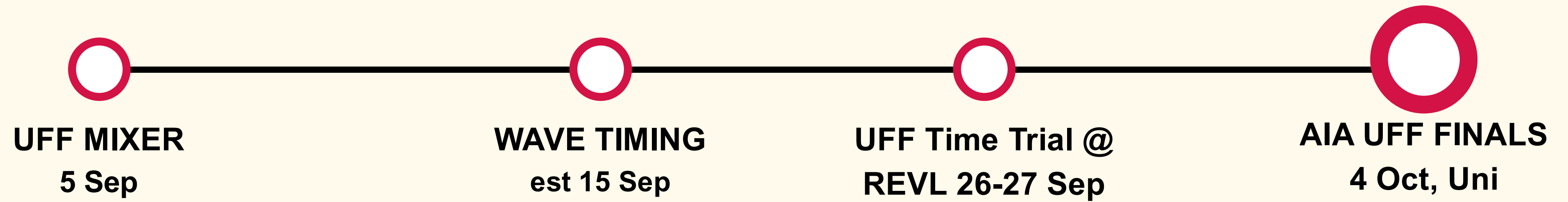
Venue: Geneo, B1 The Canopy

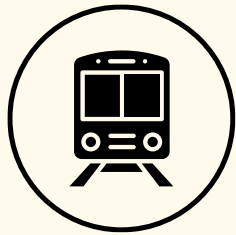
Time: From 8am

Address: 1 Science Park Drive, Geneo, Singapore 118221

# Timeline

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## **Kent Ridge MRT Station:**

Simply head to Exit E and you'll find yourself at B2 of Geneo.



## **Bus Services:**

Take public bus 92/92A from Buona Vista MRT Station. Other public bus services plying along Buona Vista Flyover are 14, 33, 97, 166, 197, 963 and 963e.



## **Drop-off point:**

Geneo Event Plaza, 1 Science Park Drive, Singapore, 118221



## **Driving:**

From the Ayer Rajah Expressway (AYE), take the Normanton Park or South Buona Vista Road exit and turn into Science Park Drive.

Free parking available on Saturday and Sunday.

# Venue Layout

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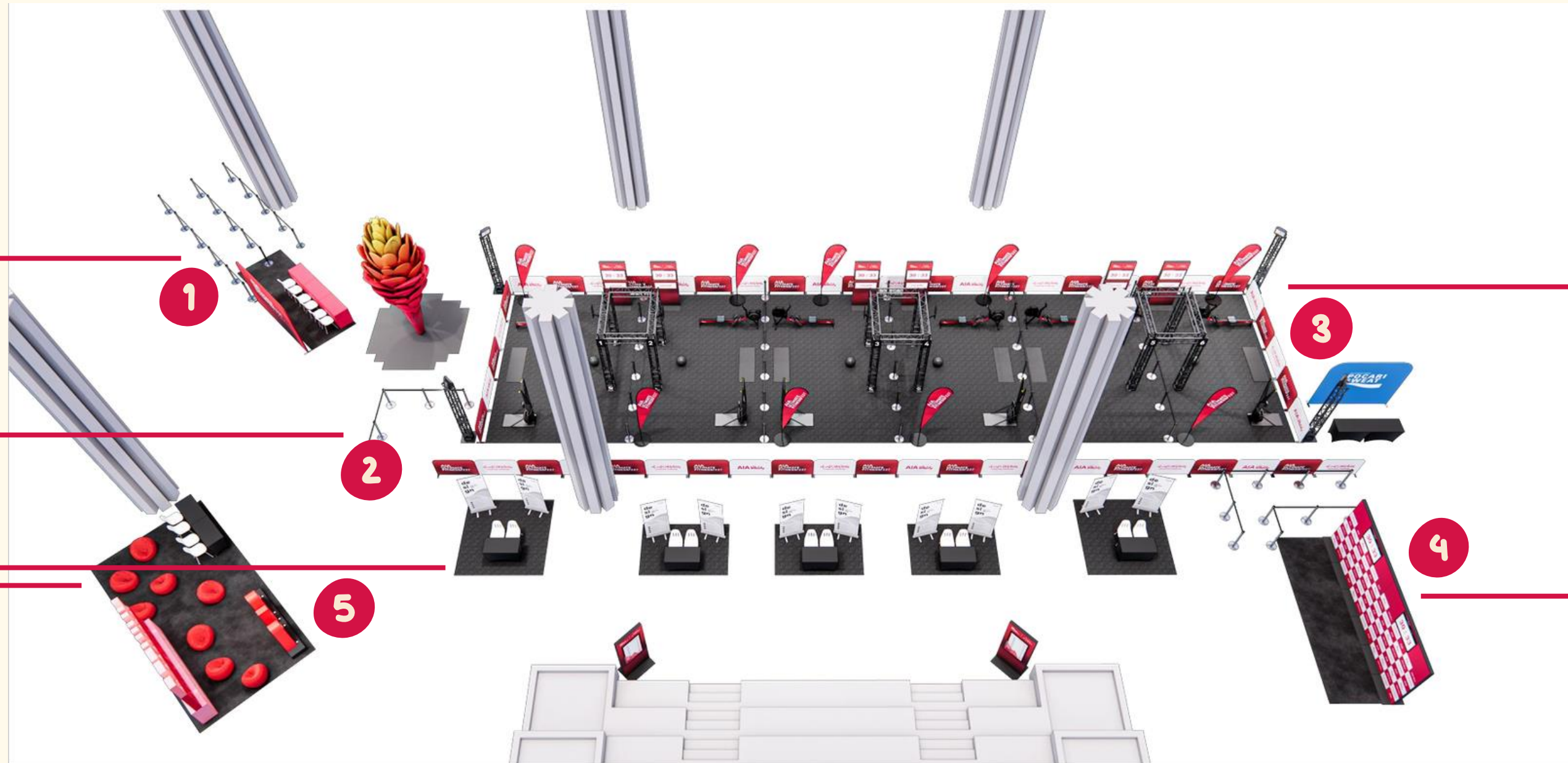
Registration

Teams  
Holding  
Area

Fringe  
Activities

Field of  
Play

Finisher  
Photo  
Wall

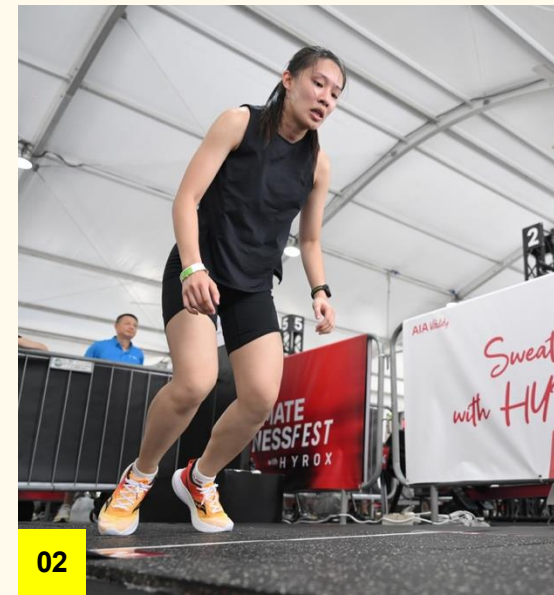


# Race Format

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**1000m SkiErg**



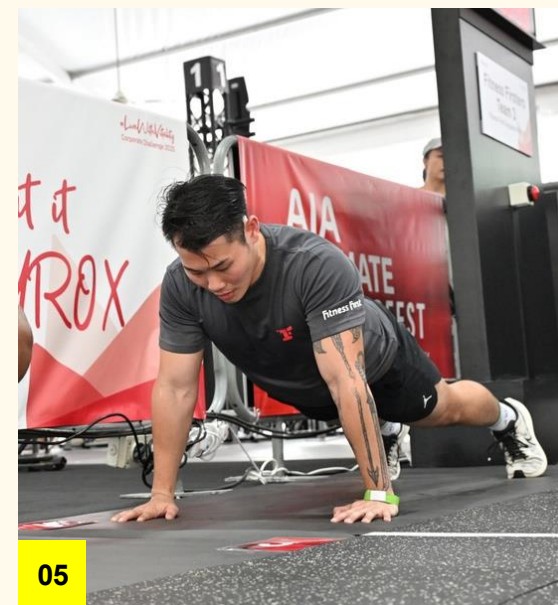
**50 Burpee Over Line**



**100 Stationary Lunges**



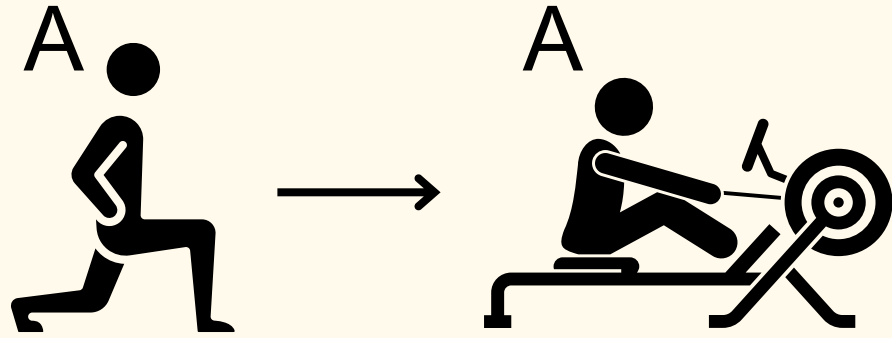
**1000m Row**



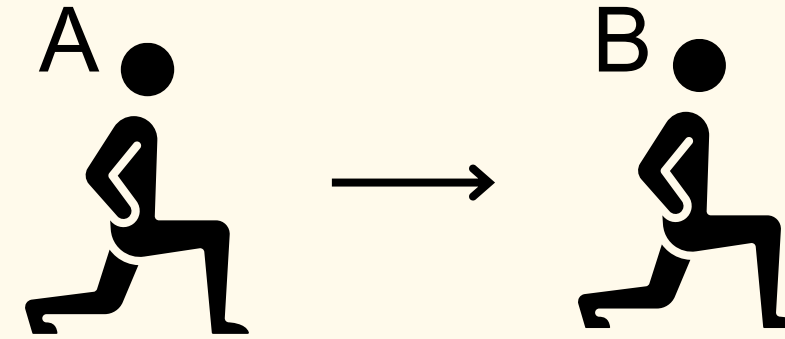
**30 Hand Release Push-Up**



**100 Wallballs  
(Split equally between pair)**



Team Member A must complete a station before moving on to the next station.



Once Team Member A has completed a station, Team Member B may begin that same station.

SCORE = Total time taken by the team to complete all 6 stations +  
Mentor's Showdown time

Top-off your race with a picture with your time and collect your finisher patch!

[Rule Book Link](#)

# Prizes

AIA  
ULTIMATE  
FITNESSFEST

Winning teams of all categories will be awarded with:



**Race Entries to**  
AIA HYROX Singapore 2026



**Cash Vouchers + Ride-hailing Credits**

1st Prize: Worth \$500 (shared)  
2nd Prize: Worth \$300 (shared)



**S6S Pro Open-Ear Clip Bluetooth**  
Worth \$109.00 (per team member)

**PLUS!**  
Complete your Tamarind collection with  
*Tamarind the Tapir "Sled"*



# REMINDERS

- ! Bring any personal medication you might need
  - Eg. Asthma Inhaler
- ! Covered shoes must be worn and towels for sweat are
  - strongly recommended

# FAQ

Your mentors are always on-hand to answer any questions you might have, but here are some FAQs for easy reference!

**Is there a bag drop?**

- We do not have a bag drop on-site. Please look after your personal belongings.

**Are there shower facilities?**

- There are no shower facilities on-site.

**Will meals be provided?**

- There are eateries open throughout the weekend for you to purchase food at your convenience.

**Are there water dispensers?**

- There are no water dispensers on-site.

**What do I need to bring for registration?**

- Please share your team name and individual names.

**Will there be any First Aid provided on-site?**

- Yes, we will have a medic team on duty throughout the entire event.

Your mentors are always on-hand to answer any questions you might have, but here are some FAQs for easy reference!

**If my teammate is injured can I find a replacement?**

- Yes, as long as he/she is a current student. Please let your mentor know as soon as possible.

**Can I record my team's timing without my mentor's timing?**

- All teams' total timing must include their mentor's timing from the mentor showdown.

**Can I do more wall balls than my partner?**

- The 100 wall balls must be split equally between both team members.

**Can I do stations back-to-back while my partner rests?**

- Team Member A must complete a station before moving on to the next station. Once Team Member A has completed a station, Team Member B may begin that same station.

**Are transitions between stations counted in our overall timing?**

- Yes, the stopwatch will keep running from the start of your team's attempt until the end.

**What is the standard form required for each of the stations?**

- You may find the rulebook [here](#). Follow socials for video demonstrations which will be posted.

Your mentors are always on-hand to answer any questions you might have, but here are some FAQs for easy reference!

**Can I get parking coupons?**

Free parking available on Saturday and Sunday on location.

**My wave is in the afternoon, can I register in the morning?**

- No, registration for each wave will be opened only from the time as stated.

**I missed my wave timing, can I still take part?**

- Please approach our staff at the registration desk. We will do our best to reschedule your team for the next available slot.

**Can I race solo if my teammate is sick?**

- No, participation can only be done with two team members.

Your mentors are always on-hand to answer any questions you might have, but here are some FAQs for easy reference!

**Is there a wet weather plan?**

- The Canopy @ Geneo is sheltered and protected from the rain.

**Are HYROX race entries transferable?**

No. HYROX race entries awarded through AIA UFF are non-transferable and must be used with your AIA UFF race partner.

**Can I change my race category for HYROX race entries?**

No. HYROX race entries must be used in the same team pairing and race category awarded through AIA UFF.

**Can my friends come to support me?**

- There is a grandstand overlooking the field of play. Spectators are welcome to support the teams competing!

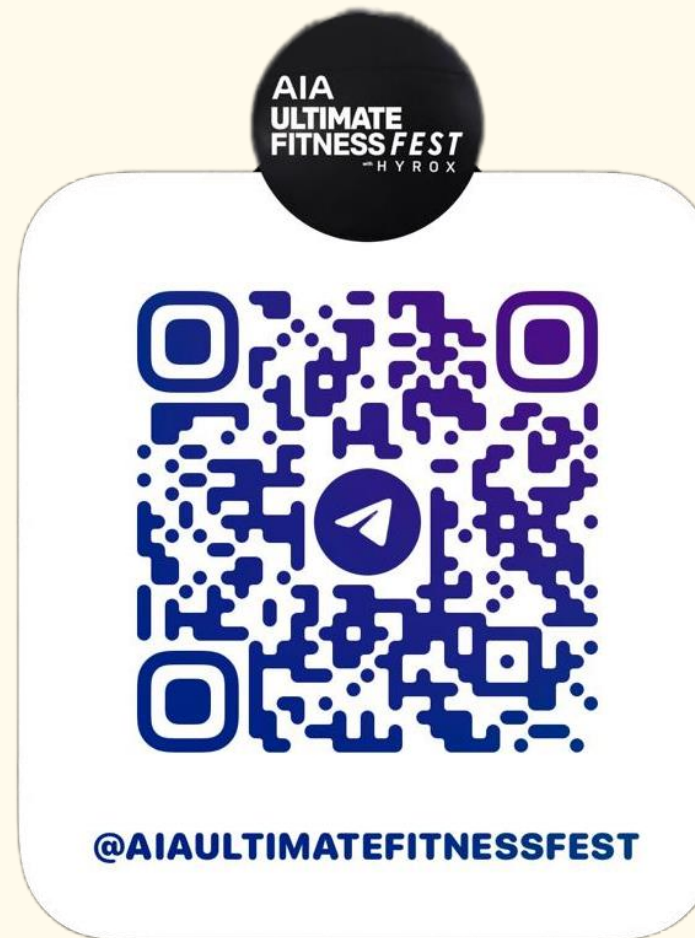
# Important links and portals

AIA UFF University Edition

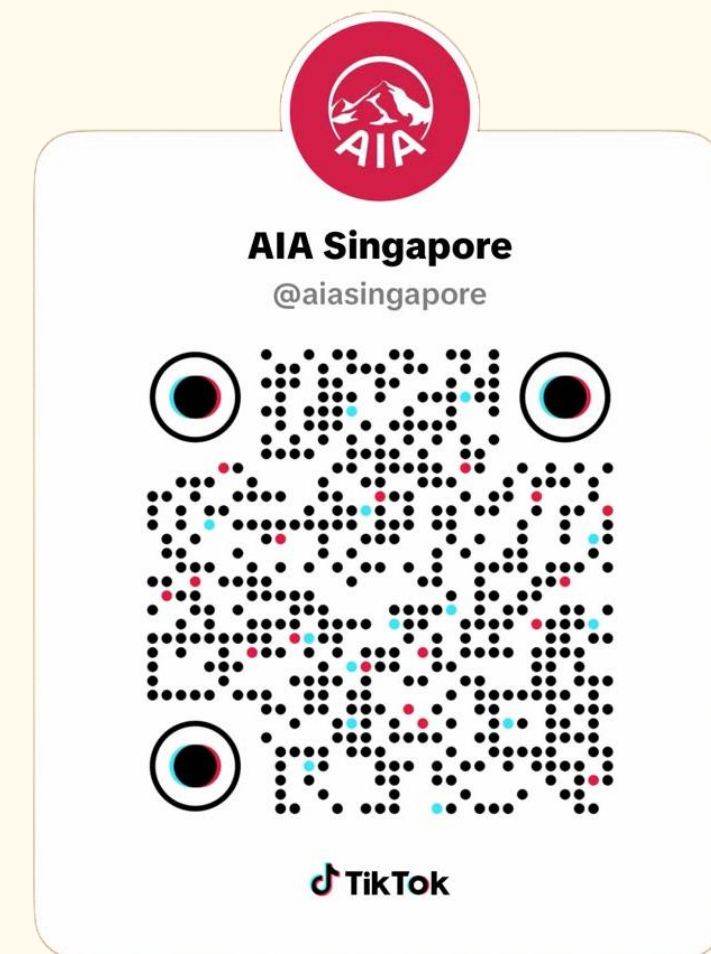
Rulebook



[Instagram](#)



[Telegram](#)



[TikTok](#)

# THANK YOU!