



IKEA Tampines lists walk-in Endurance Challenges on 19 and 20 September for S\$50 gift cards

Description

IKEA Tampines is hosting walk-in Endurance Challenges on 19 and 20 September 2026 from 11am to 6pm at the Level 2 store entrance lobby. Finishers who last 30 or 60 minutes stand to win a S\$50 IKEA Gift Card, on a first-come basis.



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Ready to test yo
Take on any 1 of thes
and bring home a **\$50**
if you last 30 or 6

IKEA Singapore Endurance Challenge key visual. Photo: IKEA Singapore

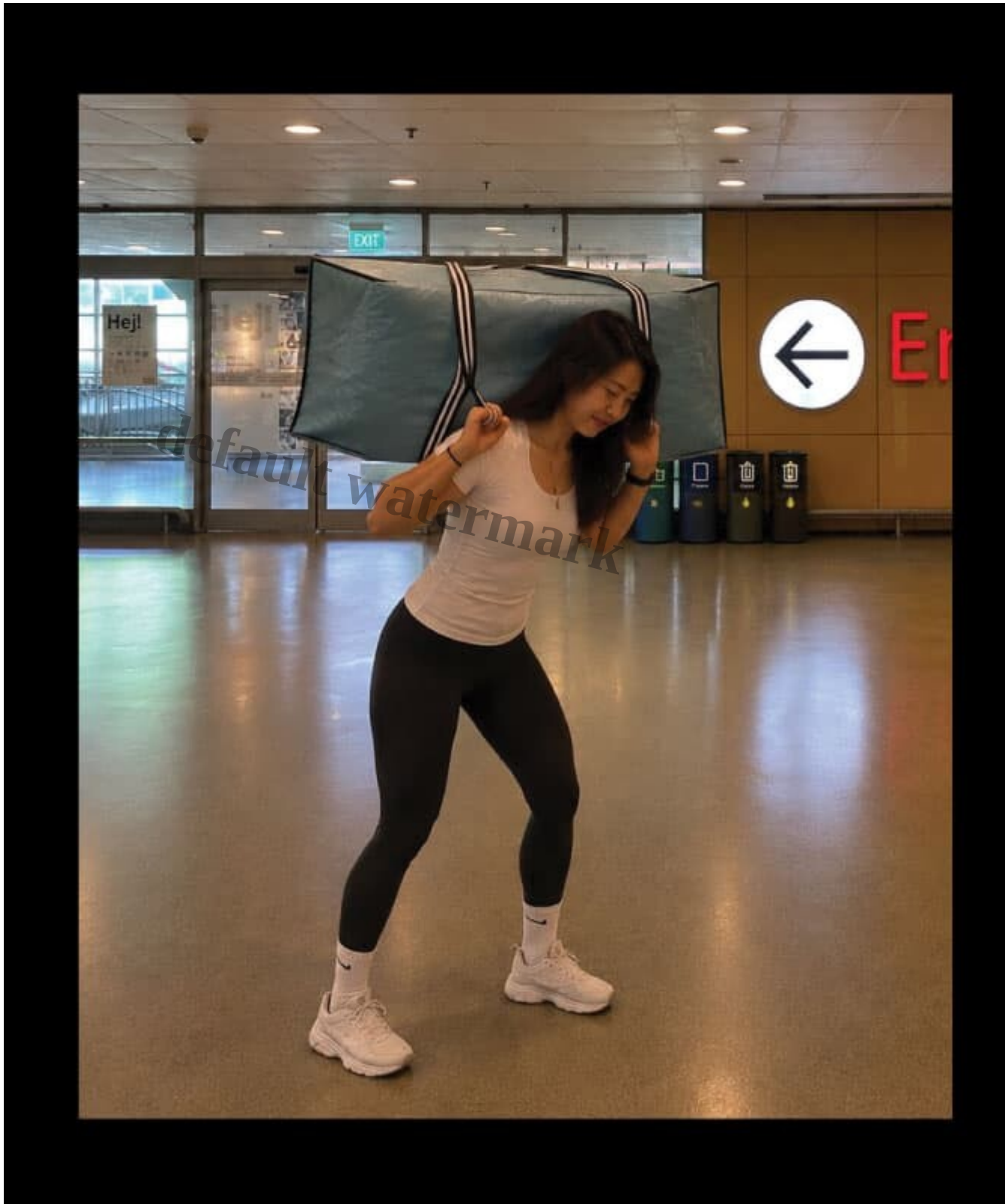
IKEA Singapore Endurance Challenge key visual. Photo: IKEA Singapore

The three walk-in stations

Challenge 1 is the GÄRSNYGG shoulder carry, with rounds at 11am and 3pm and room for 10 challengers each round. Males hold 25kg and females hold 15kg for 30 minutes with the bag resting on one or both shoulders.

Challenge 2 is the FRAKTA hold at 12pm and 4pm, again capped at 10 challengers a round, with the same 25kg and 15kg weights for a 30-minute hold. Challenge 3 is the GURLI cushion stand at 1pm and 5pm: stand on the cushion for 60 minutes to win.

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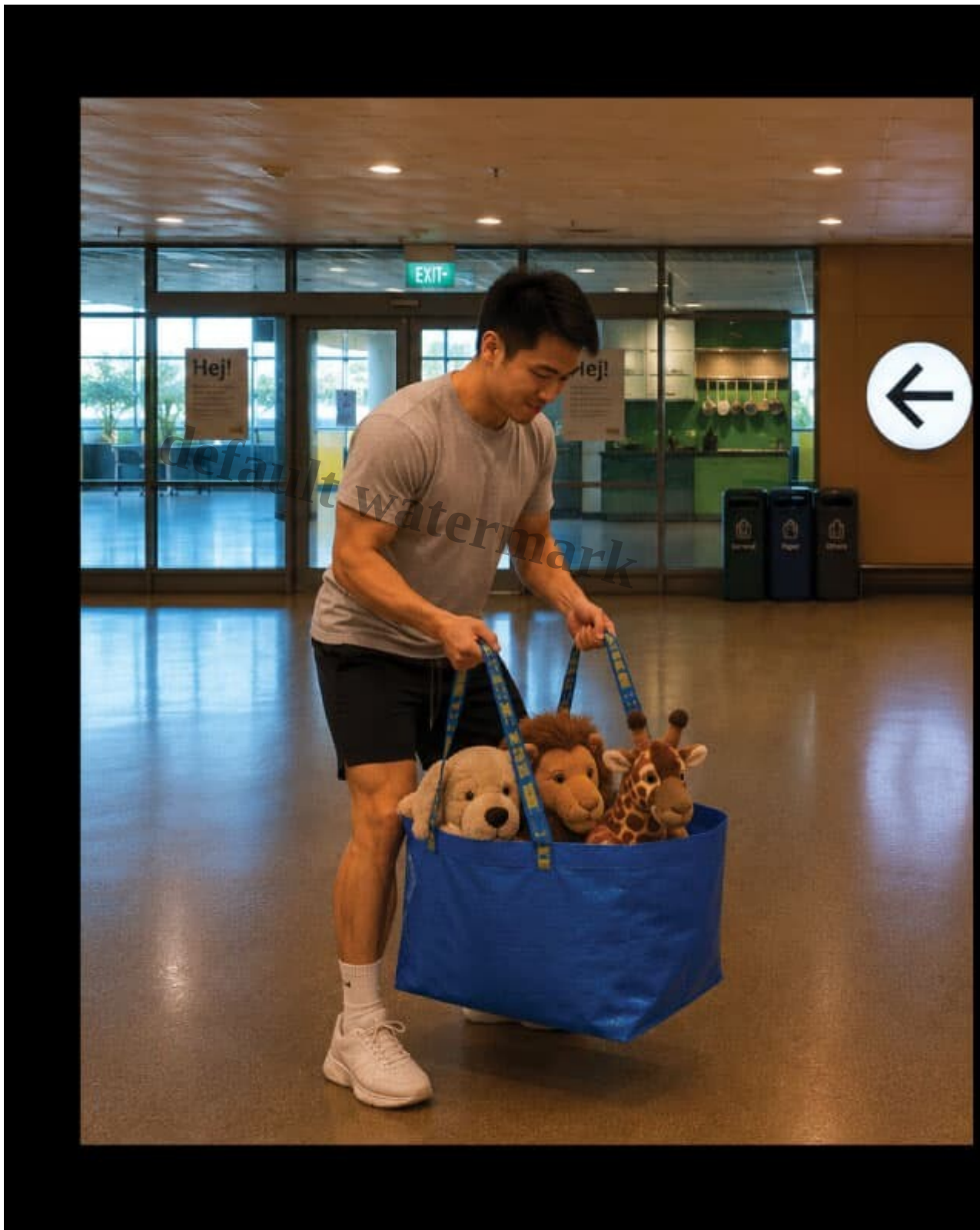
GÃ?RSNYGG shoulder carry demonstration for the Endurance Challenge.
Photo: IKEA Singapore

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How this differs from HEJ-FIT

The competitive HEJ-FIT Challenge for 100 mixed-doubles teams also runs at IKEA Tampines on the same weekend, from 9am to 8.30pm. Registration for that draw closed on 9 September 2026, and on-site registration is not allowed on event days. The Endurance Challenges are the open walk-in track for shoppers who did not enter the team draw.

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FRAKTA hold demonstration for the Endurance Challenge. Photo: IKEA Singapore

FRAKTA hold demonstration for the Endurance Challenge. Photo: IKEA Singapore

Practical details

Registration and the challenges sit at IKEA Tampines, 60 Tampines North Drive 2, Level 2 store entrance lobby. Capacity is limited each round, so arriving early for the published start times is the practical move. Terms and conditions on the Make Space campaign page apply to the gift-card prizes.

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Author

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