CHALLENGE NO. 1: WAIKIKI SUNRISE

21-Day Beginner Cardio-Core Foundations Challenge | Alternating Cardio & Toning Schedule

DAY 1
BIM Vol. IX: Ala Moana Beach (Show #1121)
CARDIO 24 mins

DAY 2
BIM Vol. III: Sandy Beach (Show #919)
TONING 24 mins

DAY 3
BIM 30th Anniversary Vol. 4 Show 7
CARDIO 21 mins

DAY 4
Lord of the Abs: Core Challenge!
TONING 40 mins

DAY 5
BIM Vol. VII: Pupukea Beach (Show #603) + Express Dynamic Moves
CARDIO 33 mins

DAY 6
BIM Vol. V: Waimea Bay (Show #811) + Express Strength & Balance
TONING 33.5 mins

DAY 7
REST & RECOVERY DAY
Allow your body to recover, rebuild, and prepare for Week 2.

DAY 8
BIM Vol. XI: Waikiki Shore (Show #1009) + Express Cardio 2 + Dynamic Moves
CARDIO 42 mins

DAY 9
BIM Vol. V: Waimea Bay (Show #808) + Express Hips & Thighs
TONING 33.6 mins

DAY 10
Quick Fit: Cardio Strike
CARDIO 34 mins

DAY 11
Phenomenal Abs & Core! Floor Workout
TONING 50 mins

DAY 12
BIM Vol. III: Sandy Beach (Show #918) + Express Cardio 2 + Dynamic Moves
CARDIO 42 mins

DAY 13
Quick Fit Toning: Chest & Back + Express Compound Strength
TONING 22.5 mins

DAY 14
REST & RECOVERY DAY
Mid-point check! Recharge and rest your muscles for the final push.

DAY 15
BIM 30th Anniversary Vol. 4 Show 8 + Express Cardio 1-Basic
CARDIO 30 mins

DAY 16
BIM Vol. V: Waimea Bay (Show #814) + Express Arms
TONING 33.2 mins

DAY 17
BIM Vol. XII: Waikiki Sunset (Show #1012) + Express Cardio 1-Basic
CARDIO 33 mins

DAY 18
REST & RECOVERY DAY
Strategic rest before the final 3-day push to graduation!

DAY 19
BIM Vol. IV: Primates in Motion (Show #609) + Quick Fit Toning: Chest & Back (15m)
TONING 39 mins

DAY 20
BIM Vol. XI: Waikiki Shore (Show #1008) + Express Cardio 2-Challenge
CARDIO 33 mins

DAY 21
Lord of the Abs: Maximum Abs! (Graduation)
GRADUATION 50 mins

CONGRATULATIONS!

You've completed the challenge!

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