CHALLENGE NO. 2: NORTH SHORE SURGE

21-Day Peak Performance & Metabolic Burn Challenge (45+ Min Sessions) | Alternating Cardio & Toning

DAY 1
BIM 30th Anniversary Vol. 2 Show 4 + BIM Vol. XII: Waikiki Sunset (Show #1011)
CARDIO 45 mins

DAY 2
TBS Vol. 5 Show #21 + TBS Vol. 5 Show #19
TONING 45 mins

DAY 3
BIM 30th Anniversary Vol. 4 Show 8 + Quick Fit: Cardio Blast
CARDIO 55 mins

DAY 4
BIM Vol. X: Yokohama Beach (Show #1016) + BIM Vol. VI: Cruise Ship (Show #715)
TONING 48 mins

DAY 5
BIM 30th Anniversary Vol. 4 Show 7 + BIM Vol. I: Waikiki Beach (Show #903)
CARDIO 45 mins

DAY 6
TBS Vol. 3 Show #26 + TBS Vol. 6 Show #27
TONING 45 mins

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

DAY 8
BIM 30th Anniversary Vol. 3 Show 5 + Xcelerate-4 Vol. 1: Burn It Off!
CARDIO 55 mins

DAY 9
BIM Vol. V: Waimea Bay (Show #808) + BIM Vol. VIII: Makapu'u Cliff (Show #801)
TONING 48 mins

DAY 10
BIM Vol. XI: Waikiki Shore (Show #1008) + BIM Vol. XII: Waikiki Sunset (Show #1014)
CARDIO 48 mins

DAY 11
TBS Vol. 2 Show #1 + TBS Vol. 6 Show #29
TONING 45 mins

DAY 12
Lord of the Abs: Abs on Fire!
CARDIO 45 mins

DAY 13
BIM 30th Anniversary Vol. 3 Show 6 + Phenomenal Abs & Core!
TONING 71 mins

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

DAY 15
Quick Fit: Cardio Strike + Express Cardio 2 + Dynamic Moves
CARDIO 52 mins

DAY 16
BIM Vol. I: Waikiki Beach (Show #902) + BIM Vol. IV: Primates in Motion (Show #401)
TONING 48 mins

DAY 17
Total Body Sculpt Plus: Cutting Edge (Workout 1)
CARDIO 45 mins

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

DAY 19
Lord of the Abs: Core Challenge! + Express Strength & Core
TONING 57 mins

DAY 20
BIM Vol. XI: Waikiki Shore (Show #1010) + BIM Vol. XII: Waikiki Sunset (Show #1012)
CARDIO 48 mins

DAY 21
Basic Training: The Workout (with Ada) (Graduation)
GRADUATION 60 mins

CONGRATULATIONS!

You've completed the challenge!

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