ALOHA NOVEMBER BLAST: GILAD'S 21-DAY CHALLENGE!

CHALLENGE NO. 1: WAIKIKI SUNRISE

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

DAY	WORKOUT	MIN	CAT	EQIP.	DONE
1	**BIM Vol. IX: Ala Moana Beach (Show #1121)** *Full-body sunset & rainbows session targeting back, abs, thighs, and buns.*	24 min	CARDIO	None	☐
2	**BIM Vol. III: Sandy Beach (Show #919)** *Hips, thighs, buns, and deep abdominal core work at Sandy Beach.*	24 min	TONING	None	☐
3	**BIM 30th Anniversary Vol. 4 Show 7** *Targeting chest, buns, and a double dose of abs at Shark's Cove.*	21 min	CARDIO	None	☐
4	**Lord of the Abs: Core Challenge!** *Floor workout targeting the entire abdominal region and opposing back muscles.*	40 min	TONING	Wts/Ball	☐
5	**BIM Vol. VII: Pupukea Beach (Show #603) + Express Dynamic Moves** *Aerobic cardio intervals overlooking beautiful Pupukea Beach.*	33 min	CARDIO	None	☐
6	**BIM Vol. V: Waimea Bay (Show #811) + Express Strength & Balance** *Hips, thighs, glutes, upper abs, and obliques on the North Shore.*	33.5 min	TONING	Wts/Bands	☐
7	**REST & RECOVERY DAY** *Allow your body to recover, rebuild, and prepare for Week 2.*	-	REST	None	☐
8	**BIM Vol. XI: Waikiki Shore (Show #1009) + Express Cardio 2 + Dynamic Moves** *Back and biceps workout taped right on Waikiki Shore.*	42 min	CARDIO	None	☐
9	**BIM Vol. V: Waimea Bay (Show #808) + Express Hips & Thighs** *Buns, thighs, and abs taped at world-famous Waimea Bay.*	33.6 min	TONING	None	☐
10	**Quick Fit: Cardio Strike** *Martial-arts inspired Quick Fit cardio strike workout.*	34 min	CARDIO	None	☐
11	**Phenomenal Abs & Core! Floor Workout** *Comprehensive core workout incorporating Pilates, yoga, and military exercises.*	50 min	TONING	None	☐
12	**BIM Vol. III: Sandy Beach (Show #918) + Express Cardio 2 + Dynamic Moves** *Chest, outer thighs, inner thighs, and abs on the South Shore.*	42 min	CARDIO	None	☐
13	**Quick Fit Toning: Chest & Back + Express Compound Strength** *Concentrated medley of standing and floor movements targeting the chest and back.*	22.5 min	TONING	Weights	☐
14	**REST & RECOVERY DAY** *Mid-point check! Recharge and rest your muscles for the final push.*	-	REST	None	☐
15	**BIM 30th Anniversary Vol. 4 Show 8 + Express Cardio 1-Basic** *Cardio push featuring shadow boxing, a little karate, outer thighs, and abs.*	30 min	CARDIO	None	☐
16	**BIM Vol. V: Waimea Bay (Show #814) + Express Arms** *Sunset workout targeting shoulders, quads, glutes, and abs at Waimea Bay.*	33.2 min	TONING	Weights	☐
17	**BIM Vol. XII: Waikiki Sunset (Show #1012) + Express Cardio 1-Basic** *Active sunset session targeting core, obliques, and inner thighs.*	33 min	CARDIO	None	☐
18	**REST & RECOVERY DAY** *Strategic rest before the final 3-day push to graduation!*	-	REST	None	☐
19	**BIM Vol. IV: Primates in Motion (Show #609) + Quick Fit Toning: Chest & Back (15m)** *Shoulders, arms, quads, outer thighs, and obliques with Maile the Monkey and live Hawaiian percussion.*	39 min	TONING	Weights	☐
20	**BIM Vol. XI: Waikiki Shore (Show #1008) + Express Cardio 2-Challenge** *Cardio routine focusing on chest and shoulders at Waikiki Shore.*	33 min	CARDIO	None	☐
21	**Lord of the Abs: Maximum Abs! (Graduation)** *Standing core workout utilizing the Energy Transference Principle. No floor work.*	50 min	GRAD	Wts/Ball	☐

MY NOTES & PROGRESS LOG:

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