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

CHALLENGE NO. 2: NORTH SHORE SURGE

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

DAY	WORKOUT	MIN	CAT	EQIP.	DONE
1	**BIM 30th Anniversary Vol. 2 Show 4 + BIM Vol. XII: Waikiki Sunset (Show #1011)** *Warm-up, cardio, upper body conditioning, abs, and cool-down at Shark's Cove.*	45 min	CARDIO	None	☐
2	**TBS Vol. 5 Show #21 + TBS Vol. 5 Show #19** *Hips, thighs, shoulders, arms, and abs on Magic Island.*	45 min	TONING	Weights	☐
3	**BIM 30th Anniversary Vol. 4 Show 8 + Quick Fit: Cardio Blast** *Cardio push featuring shadow boxing, a little karate, outer thighs, and abs.*	55 min	CARDIO	None	☐
4	**BIM Vol. X: Yokohama Beach (Show #1016) + BIM Vol. VI: Cruise Ship (Show #715)** *Targeted toning for the back, triceps, and abdominal groups on pristine white sands.*	48 min	TONING	None	☐
5	**BIM 30th Anniversary Vol. 4 Show 7 + BIM Vol. I: Waikiki Beach (Show #903)** *Targeting chest, buns, and a double dose of abs at Shark's Cove.*	45 min	CARDIO	None	☐
6	**TBS Vol. 3 Show #26 + TBS Vol. 6 Show #27** *Hips, thighs, buns, arms, and abs sculpting.*	45 min	TONING	Weights	☐
7	**REST & RECOVERY DAY** *Allow your body to recover, rebuild, and prepare for Week 2.*	-	REST	None	☐
8	**BIM 30th Anniversary Vol. 3 Show 5 + Xcelerate-4 Vol. 1: Burn It Off!** *Introduction to whole-body circuit training at scenic Shark's Cove.*	55 min	CARDIO	None	☐
9	**BIM Vol. V: Waimea Bay (Show #808) + BIM Vol. VIII: Makapu'u Cliff (Show #801)** *Buns, thighs, and abs taped at world-famous Waimea Bay.*	48 min	TONING	None	☐
10	**BIM Vol. XI: Waikiki Shore (Show #1008) + BIM Vol. XII: Waikiki Sunset (Show #1014)** *Cardio routine focusing on chest and shoulders at Waikiki Shore.*	48 min	CARDIO	None	☐
11	**TBS Vol. 2 Show #1 + TBS Vol. 6 Show #29** *Buttocks, biceps, shoulders, and abs sculpting with hand weights.*	45 min	TONING	Weights	☐
12	**Lord of the Abs: Abs on Fire!** *High-energy fat-burning intervals and multi-plane core movements.*	45 min	CARDIO	None	☐
13	**BIM 30th Anniversary Vol. 3 Show 6 + Phenomenal Abs & Core!** *Heavy ball training for shoulders, arms, balance, and core. Dumbbell option.*	71 min	TONING	Wts/Ball	☐
14	**REST & RECOVERY DAY** *Mid-point check! Recharge and rest your muscles for the final push.*	-	REST	None	☐
15	**Quick Fit: Cardio Strike + Express Cardio 2 + Dynamic Moves** *Martial-arts inspired Quick Fit cardio strike workout.*	52 min	CARDIO	None	☐
16	**BIM Vol. I: Waikiki Beach (Show #902) + BIM Vol. IV: Primates in Motion (Show #401)** *Toning work for back, biceps, triceps, outer thighs, upper abs, and obliques.*	48 min	TONING	None	☐
17	**Total Body Sculpt Plus: Cutting Edge (Workout 1)** *High-intensity cardio segment and advanced muscle shocking sequences.*	45 min	CARDIO	Wts/Bands	☐
18	**REST & RECOVERY DAY** *Strategic rest before the final 3-day push to graduation!*	-	REST	None	☐
19	**Lord of the Abs: Core Challenge! + Express Strength & Core** *Floor workout targeting the entire abdominal region and opposing back muscles.*	57 min	TONING	Wts/Ball	☐
20	**BIM Vol. XI: Waikiki Shore (Show #1010) + BIM Vol. XII: Waikiki Sunset (Show #1012)** *High-energy shoreline session targeting biceps and triceps.*	48 min	CARDIO	None	☐
21	**Basic Training: The Workout (with Ada) (Graduation)** *60-minute military-inspired outdoor Hawaiian airstrip workout for full body power!*	60 min	GRAD	Weights	☐

MY NOTES & PROGRESS LOG:

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