Early to Rise Customer Support

Can I do the workouts back to back days or do you have to wait at least 24hours before doing the next workout?

Honey - 2020-02-05 - Turbulence Training 2.0

I'd prefer you don't do back-to-back days, but you can experiment. Don't train to your limit on back-to-back days, with the risk of overuse injury being the main issue. Train safe.