

# Early to Rise Customer Support

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## 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.