Early to Rise Customer Support

<u>Knowledgebase</u> > <u>6 Minutes to Skinny</u> > <u>Do I do the exercise or shake first in the morning?</u>

Do I do the exercise or shake first in the morning?

Honey - 2020-02-07 - <u>6 Minutes to Skinny</u>

First, do the workout, then have the shake.