Early to Rise Customer Support

Do you have any women specific workouts?

Honey - 2020-02-07 - Exercise FAQs and Substitutions

Yes, we do have some women specific workouts.

Please check out:

Booty For Life Order Page:

http://turbulencetraining.com/workouts/2006/bootyforlife.shtml

Buff Dudes and Hot Chicks

http://www.turbulencetraining.com/workouts/2009/Feb2009_buffdudes.shtml

Please note: both of these programs are digital download only and in PDF format. There are no videos with either of these programs.