

Early to Rise Customer Support

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Stephanie H - 2020-02-20 - [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.