Early to Rise Customer Support

Fat Burning Body Audit "Score"

Kerri -- ETR Customer Support - 2020-02-20 - Turbulence Training 2.0

The "TT Fat Burning Score" is self evaluated based on the number of repetitions and the level of difficulty you experienced maintaining proper form and alignment during the audit. By repeating the audit monthly, you will be able to see improvements in form, execution, and number of repetitions that translate into an improved "score".