Early to Rise Customer Support

How can I make the Home Workout Revolution program a 5 day a week program?

Honey - 2020-02-06 - Home Workout Revolution

The Home Workout Revolution program calls for workouts 3 days per week.

If you would like to adapt the program to 5 days per week, on the two 'in-between' days, you can add a 4-minute workout, but nothing longer. Just 4 minutes.