

Early to Rise Customer Support

[Knowledgebase](#) > [Exercise FAQs and Substitutions](#) > [How do I add the Yoga program with other exercise programs?](#)

How do I add the Yoga program with other exercise programs?

Honey - 2020-02-07 - [Exercise FAQs and Substitutions](#)

Add yoga in addition to any of craigs other workouts.

Options include:

- 1) do the yoga after Craig's workouts
- 2) do Craig's workout and yoga later in the day
- 3) or yoga in morning and Craig's workouts later in day

Important: just don't do yoga just before one of Craig's workouts. You want to be able to go all-out when completing one of Craig's workouts for best results.