Early to Rise Customer Support

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

Stephanie H - 2020-02-20 - 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.