

Early to Rise Customer Support

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Stephanie H - 2020-02-20 - 6 Minutes to Skinny

Start with the 6 Minutes to Skinny program (shake and 4 Minute workout) in the morning.

After you have a routine with the 6 Minutes to Skinny program you can start gradually adding the Home Workout Revolution Beginner program, and once that is completed, move into the 12-week Home Workout Revolution program.