Early to Rise Customer Support

How do you combine the 6 Minutes to Skinny and Home Workout Revolution programs?

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.