

Early to Rise Customer Support

[Knowledgebase](#) > [Exercise FAQs and Substitutions](#) > [I am pregnant, can I do your workouts?](#)

I am pregnant, can I do your workouts?

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

Unfortunately this falls under medical issues and we are unable to provide advice to someone that is pregnant.

Each case is different when pregnant. Please consult you doctor as to whether you can continue/start any of our programs while pregnant.