Early to Rise Customer Support

The exercise videos are done by men, can women also do the workouts?

Honey - 2020-02-07 - Exercise FAQs and Substitutions

The earlier workout videos were done by men but that does not mean that those workouts can only be done by men.

Craig designed these workouts for both men and women.

The most important things, which Craig stresses, are proper form and going at your own pace.

There may be some modifications in workouts for some men and women but these are just modified for your needs.