Early to Rise Customer Support

Turbulence Training 2.0 vs 6 Minutes to Skinny

Stephanie H - 2020-02-20 - Differences between Programs

The main differences between the TT 2.0 and 6 Minutes to Skinny is 6 Minutes to Skinny is all short 4-minute no-equipment workouts designed to help you burn fat and build up cardiovascular endurance.

Whereas Turbulence Training workouts are 30 minutes long and require dumbbells and a bench. The benefits of TT is that you will burn fat, build up cardiovascular endurance and build muscle for a more sculpted physique.