Early to Rise Customer Support

Turbulence Training 2.0 vs Home Workout Revolution

Honey - 2020-02-06 - Differences between Programs

1) The Turbulence Training 2.0 workouts use dumbbells and bodyweight exercises in 30-minute workouts to help you burn fat and build muscle. You even get TRX and Barbell exercise options, but you do NOT need those pieces of equipment to do the program.

Here's a sample TT workout

http://www.earlytorise.com/free-turbulence-training-2-0-workout-video/

2) The HWR workouts use shorter (less than 20 minutes, and often less than 10 minutes), NO-equipment workouts for fitness and fat loss.

Here's a sample HWR workout

www.homeworkoutrevolution.com/freeworkout