Early to Rise Customer Support

What equipment do I need for TT2.0?

Stephanie H - 2020-02-20 - Turbulence Training 2.0

For Turbulence Training 2.0 you will need a bench, dumbbells, and an exercise ball. If you are strong enough, you will also benefit from a pull-up bar, TRX and an exercise bench is also recommended.

If you do not have this equipment, you can still do the workouts, but you will need to use our many exercise substitutions.