Early to Rise Customer Support

<u>Knowledgebase > 8 Minutes to Alpha > What is Alpha Cycling?</u>

What is Alpha Cycling?

Honey - 2020-02-05 - 8 Minutes to Alpha

Alpha Cycling is the program itself. By following the 8 minute routine means that you are doing the Alpha Cycling.

Alpha Cycling is the term used in the description of the program.