

Early to Rise Customer Support

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Stephanie H - 2020-02-20 - [6 Minutes to Skinny](#)

If you ordered the 6 Minutes to Skinny DVD, your order includes:

- 1) 4 Minute Metabolic Miracles DVD
- 2) 6 Minutes to Skinny booklet

You can also access PDFs and MP4 videos of the program on the members website.