# Early to Rise Customer Support



# When is TT2.0 going to be updated to TT3.0?

Honey - 2020-02-05 - Turbulence Training 2.0

There are no plans for an updated version in the near future.

TT 2.0 is only 2 years old and is still based on the most effective fat burning science to help people lose fat, build muscle, and sculpt a beach body all at the same time...and in less than 30 minutes, 3 times per week.

For these goals, there has been no new research and no new dumbbell exercises that would require an upgrade.

TT 2.0 is truly the best there is for Metabolic Resistance Training for simultaneous muscle building and fat loss - all while improving your fitness, too.