

# Early to Rise Customer Support

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## Where are my workout videos for 8 Minutes to Alpha?

Honey - 2020-02-05 - [8 Minutes to Alpha](#)

Login to the members website.

Click '8 Minutes to Alpha'

Scroll down to the bottom of the page

Click '4 Minute Workout Videos'

You will be taken to a page to access the 4 Minute Workout videos that are part of the 8 Minutes to Alpha program.