Early to Rise Customer Support

Where are my workout videos for 8 Minutes to Alpha?

Imported User 9 - 2020-02-20 - 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.