Early to Rise Customer Support

Where are the Workout of the Day emails?

Honey - 2020-02-05 - Free Newsletters

You will receive a free workout of the day Monday - Friday.

The workouts are usually in the emails with the subject containing 'Workout of the Day' or 'WOD' and can be found at the bottom of the email in the area where it says 'Workout of the Day'

Please allow a couple of days before you start receiving emails.