

# Early to Rise Customer Support

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## Where do I access the 6 Minutes to Skinny workout videos?

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

Login to the members website.

Click '6 Minutes to Skinny'

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 6 Minutes to Skinny program.