Early to Rise Customer Support

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.