Early to Rise Customer Support

Where do I log in to the Bodyweight Workout App?

Stephanie H - 2020-02-20 - Daily Bodyweight Workout App

The log in for the Bodyweight Workout App is the same log in information you use for the Early To Rise Membership site.

When you open the App, there is a three horizontal line icon in the upper left corner that says "Daily BodyWeight Workouts".
Click the icon.
Scroll down, third from the bottom it says 'Login'
Click it.
You will be redirected to a log in page.
Enter your log in information and click 'Login'
Your previously purchased workouts will now be available for streaming in the App.