

Early to Rise Customer Support

Portal > Knowledgebase > 6 Minutes to Skinny > Will the program work if I only exercise and do not take the shake?

Will the program work if I only exercise and do not take the shake?

Honey - 2020-02-07 - in 6 Minutes to Skinny

The nutrition is 80% of the program. You cannot separate nutrition and training. The two work together and regardless of your goals - gaining muscle, losing fat, athletic conditioning, etc.

You will get less than-optimal or even non-existent results without paying attention to both.