

## Membership Management Site Fitness Product Tour

Access to the Membership Management site is located at  
<http://members.earlytorise.com>

### Log In:

- Enter your username and password on the login screen to access the Membership Management site

### Dashboard:

- On login, you will see your personalized Dashboard. The Dashboard is the area where you will see a link to the products or subscriptions that you have purchased.

### Product Landing Page:

- To access your product or subscription, click on the name or picture on the Dashboard to view the product landing page.
- The product landing page will show the following:
  - The name of the product or subscription you have purchased
  - A short description of the product or subscription
  - A list of the files that are included in your product package or subscription
- Each file, whether pdf or video, is downloadable directly from the Membership Management site to your device
  - To download a file, you can directly click on the file name or picture to Save to your device. You can also right click on your mouse, and chose Save Link As to save your file as well.
  - If you've purchased a product that includes multiple file types, such as a Workout Guide and Workout Video, you can access them directly from the Product Landing Page.
    - To download your Workout Guide, either directly click on the guide image, or right click and "Save Link As" to save to your device
    - To view a video, just click on the video you would like to view. You will be taken to the video page where you can directly watch the video or download to view at a later time.

### Additional Features:

- Home: This button will directly take you to the Dashboard from any page
- My Account: This is where you can change your account information as well as update your password information.
- Live Help: This is where you can contact support for Early to Rise, 24/7
- Social: Connect with Early to Rise on Facebook and Twitter