

# Early to Rise Customer Support

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## 6 Minutes to Skinny vs Metabolic Kick-Starter

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6 Minutes to Skinny and Metabolic Kick-Starter are very similar.

Metabolic Kick-Starter is a follow-up program with a very specific 5-day sequence.

It was created for the tens of thousands of people that have used 6 Minutes to Skinny over and over again and wanted something new.