

Early to Rise Customer Support

Knowledgebase > Metabolic Kick-Starter > How do I add the Trouble Spot series into my workout program?

How do I add the Trouble Spot series into my workout program?

Kseniya Customer Support - 2020-01-30 - Metabolic Kick-Starter

Do the Trouble Spot workouts as an add-on at the end of your regular workouts in the Metabolic Kick-Starter series.