Early to Rise Customer Support

How do I combine TT 2.0 workouts with Metabolic Kick-Starter?

Honey - 2020-02-07 - Metabolic Kick-Starter

Great question. You can combine TT 2.0 with Metabolic Kickstarter, here's how:

On two non-TT days, you can do the Metabolic Kickstarter sessions.

Or you can add a 4-min or 6-minute Kickstarter Specialization Circuit to the end of a TT workout. That's enough.