Early to Rise Customer Support

How long after the workouts will you still be burning calories?

Stephanie H - 2020-02-20 - Metabolic Kick-Starter

With Metabolic Kick-Starter, you will be burning your calories that could last 24 to 48 hours after your workout depending on the intensity of the workout.

It’s all about how much turbulence or how much stimulus you put on your body during training.