

# Early to Rise Customer Support

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## How many rest days are there in the Metabolic Kick-Starter program?

Honey - 2020-02-07 - [Metabolic Kick-Starter](#)

There are 5 workouts a week (Days 1-5) and 2 rest days on Day 6 & 7.

There are no workouts on Day 6 & 7, please do 20-30 minutes of light activity.