Early to Rise Customer Support

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

Stephanie H - 2020-02-20 - 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.