

Early to Rise Customer Support

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I have completed the 5-week Metabolic Kick-Starter program, what should I do next?

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

You can do the entire 5-week program once more.

When you are done a 2nd round, then it's time to move on to a new exercise program for variety and continued results.

If you like the Metabolic Kick-Starter program, then you'll love our 6-Minutes to Skinny videos and our complete Home Workout Revolution program. With Home Workout Revolution you'll never get bored because it includes so many bodyweight-only, no-equipment workouts.

Here's a sample workout

www.homeworkoutrevolution.com/freeworkout