

# Early to Rise Customer Support

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

Stephanie H - 2020-02-20 - 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](http://www.homeworkoutrevolution.com/freeworkout)