# Early to Rise Customer Support



# I love 6 Minutes to Skinny, do you have any other programs?

Honey - 2020-02-06 - Differences between Programs

If you love the 6 Minutes to Skinny program and videos, Metabolic Kick-Starter is our newest program with great follow-along videos and bodyweight, no equipment needed exercises. The format of the program is you do 1 workout a day, 5 days a week, for 5 weeks. There are 25 workouts from 4-10 minutes in length.

It can be purchased for $47 here:
https://www.securepublications.com/td25/td25-gse-47.php