

Early to Rise Customer Support

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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>