Early to Rise Customer Support

Is the Metabolic Kick-Starter program for women only?

Honey - 2020-02-07 - Metabolic Kick-Starter

The Metabolic Kick-Starter program is for both men and women.

Many of our customers are women and all of our previous workout videos have men in them, so we did these videos with women to reach a wider range. They will work for men too.