Early to Rise Customer Support

Turbulence Training 2.0 vs Metabolic Kick-Starter

Honey - 2020-02-06 - Differences between Programs

In TT 2.0 the 30-minute fat burning workouts are for people that want to get a RIPPED beach body, like the one Craig has. It's for gaining muscle and burning fat at the same time. It's the Best Beach-Body Workout Ever. You also need equipment (dumbbells) for these workouts, and they are much more vigorous and advanced than the Metabolic Kickstarter program.

If you just want to lose fat and tone up in a few minutes per day – while improving your fitness just as much as you would with a long cardio workout, then stick with the Metabolic Kick-Starter program and you will get the results you desire.

We are looking at two different ways to exercise. The Metabolic Kick-Starter workouts are less intense than Turbulence Training and cause less muscle soreness, plus the workouts focus on different body parts each day, while the TT workouts are total body workouts with weights that need a day of rest. If you want to build muscle and burn fat at the same time to get a beach body, use TT. If you want to burn fat and get fit, use MK.