

What Is **Ethereum** Restaking 26-10-2025:

The clearest benefit of restaking Ether is that it compounds rewards for stakers. While the exact rate of staking rewards fluctuates over time and varies depending on the staking platform, ETH stakers can expect an annual percentage yield of roughly 3%. In other words, you would earn around 3% of the amount you stake over one year.

By restaking, you can supplement your ETH staking rewards with rewards from multiple other protocols. Of course, the rate of rewards will depend on the specific AVS that your staked ETH is going towards.

As the name implies, Ethereum restaking is the process of taking ETH that has already been staked on Ethereum and using it to simultaneously secure other decentralized protocols. As with normal staking, restaking earns users staking rewards from the protocol(s) they help to secure.

While earning extra rewards is a major incentive for restaking, it isn't the main reason for the concept. The larger idea behind restaking is so that less developed protocols can take advantage of Ethereum's robust community of network validators: something that is costly and resource-intensive to do otherwise.

Notably, the restaking mechanism did not come about as the result of an Ethereum Improvement Proposal (EIP) or the Ethereum Roadmap. Rather, it was designed by a third-party protocol, EigenLayer.

Restaking on EigenLayer allows its smart contracts to place additional slashing conditions on your staked ETH. This is how EigenLayer extends Ethereum's security to the protocols in its ecosystem, which it calls Actively Validated Services (AVSs). If a restaking validator doesn't perform their duties for their AVS, they are subject to having their ETH stake slashed.

This happens through on-chain slashing contracts and specific smart contracts called EigenPods. You can think of these as an additional account that sits between a restaker's wallet and their stake.

Seed Phrase **WEB3 BIP-39**

final hire found mango valley fuel supply august foot shoulder voyage extend	eager fabric hand number radio tunnel warm gather animal orient foster spoon
busy fatigue sight payment all open immune annual where expire orbit nominee	race body blood usual half maple beach glimpse farm bring devote awesome
leave marriage mixture note section album labor cause banana phrase film guard	seat catch certain device true father elbow adjust abuse choose panther credit
echo bacon goat kid fiction hundred ship bounce unknown survey culture bitter	require tip arch plunge item cousin lobster brick option exclude pair fall
unfair always state cabbage loyal empty egg subway clump distance day forum	cabin theory nest celery general grocery fossil airport sad find possible spray
victory magnet tube two million address account acquire wall please wisdom addict	pole blade satoshi rocket country blossom quit nation column prepare rebuild mansion
tomato expect corn promote diet cannon high bread primary infant lottery better	member ill scale comfort river inch hour bunker balcony space whip awake
dawn argue purchase question discover occur energy switch talent segment nephew moon	pupil toilet enlist such point main social neither unusual chronic jar praise
local expand senior chapter risk input mind secret holiday olympic pizza reward	best oven wrestle brass waste screen garage hotel royal cactus bulk rug
regular gate pulp color ridge nerve radar spare elephant summer print start	advice fade finger urge hint deposit wing swift anger spirit violin science
inflict blast middle review key oak sphere jump hammer liberty love pelican	prison fantasy repair ahead maid leopard salute fragile spatial control taste diesel
maze boy auction purse tray swear intact track kitten rubber type assist	suit piece wise weasel spy area road flag apology problem shove grain
rib prize illness execute element there broom slow video mass provide gloom	brain junior finish deal cushion crunch pepper call vehicle stumble idea industry
pet laundry dose time lawn sorry ignore float stereo approve erode kingdom	endorse helmet candy company ceiling benefit creek turn impose siren help degree
twist vibrant present reduce iron cream canyon guess power chalk snow envelope	habit flame disorder digital voice genius idle adapt blame transfer abandon south
dizzy song multiply quick chimney emerge harvest latin ribbon early other artefact	exhibit vanish slam punch tackle plate exist welcome rival interest spin boil
ten retire sheriff badge plastic family drop crouch cake mountain feature deliver	student cheese purpose acid build tell cereal square strong job knee observe
dilemma warfare dentist void route turtle mention pill calm inspire unaware deer	weird tattoo flee furnace head only ankle recipe trend mouse noble away
teach bright frost twice tape soup add normal innocent bench concert endless	response fluid vintage hole own spawn cute enhance village topic cage rack
scene skin hill female churn gauge stomach alert soccer narrow shock water	project ensure kite nothing fetch worry toy sell move ticket woman faith
fire luggage citizen lock novel valid bid mixed charge vault object zone	walk meadow turkey merit stem divide engage come tail any thought hungry
modify seven boring oval wide copper keen cinnamon remove tumble pink lumber	split oil poverty mean else gesture trash place few diamond liar wreck

elegant usage amateur process client correct picture glory tissue kind fix hockey	blush shrug nut spring cricket search negative indoor honey minute scissors original
blind desert wife put coffee involve toddler noise believe bike glow misery	pioneer stadium either dance throw tragic venture chef fine daring ancient sound
wash guitar method horse swing raw write game boss disagree swallow cluster	scan swap appear monitor doll capable sweet jeans talk copy hen favorite
hawk neutral pave squeeze cable force decorate sail champion planet forward patient	parrot knock picnic cloth solar april travel you unable morning genre carbon
fitness document brief dumb witness weapon glue ivory mechanic topple tower olive	staff first defense bamboo fever just buffalo tongue room that glance recall
melody razor patrol lunch rule genuine insect heart soldier faint drama sauce	health explain share apart wait cook brush gossip toast sustain again upset
aerobic audit sniff roof rely someone book govern rotate year night antique	bird able crystal bomb gallery bachelor treat inform anxiety fox together bronze
bind festival burger trust demise recycle gold settle spell unit lesson caution	tortoise asthma now bus paper trouble table torch renew wink priority deputy
broken scrap food tone depend snake amount tiger hunt swim youth mad	thumb scorpion enforce want list receive clown admit rescue unveil grief parade
predict train vivid imitate salon hair card silly whale spider shy reason	near stock tent conduct camp danger hope spot left core tiny athlete
grant above fog special stable tooth goose dry ladder truly inquiry rough	embark denial universe master about motion vote wet collect coconut excuse before
fork kitchen canal quiz ugly online little price stool arrive excite borrow	once giggle useless affair divorce run cup panic avoid coral accident act
smart catalog remind polar person six domain essay trade spike basic casino	level scrub palace frequent action error identify reflect surface air feed avocado
course retreat buzz cruise suffer silver matrix speak quote slender elder jealous	frame heavy text pattern budget round brisk average record absorb verify uphold
entire awkward dream naive umbrella lyrics supreme current afford relax blouse potato	trial cube pride actress rude refuse fringe public wave educate post derive
alien cram bicycle shield velvet tuna grass sure manual eagle saddle insane	skull laptop stove bleak century exact permit opinion lion siege melt gentle
dust birth gasp frown glass popular rigid opera sting ability era enrich	asset basket range ranch three east peace lens dog march theme luxury
lemon common engine home typical pact puzzle timber kit people dune gym	crumble fly never unfold kidney seed circle output path detect perfect evil
puppy robot banner lava grape entry regret dress eight improve gravity advance	salmon flock island jewel fence absurd verb panda soon smile flip super
magic isolate pulse stamp wage swarm bundle bullet oxygen dinosaur escape gorilla	program base fancy sense jelly fruit alley breeze clerk casual evidence glove
trim mimic inmate bless grace twelve excess soda vague short chaos medal	napkin buddy version merry peanut scout rebel critic vacuum sing crush juice
lab dish sick inside blanket twin among chicken portion slot glare one	sport empower drink model lend jaguar dynamic metal oppose web shallow firm
dwarf pudding word desk pitch enact update leisure machine floor satisfy fatal	tank man story castle height under purity stick rural kick antenna hurt

humble attitude illegal nice wolf neglect focus lawsuit slim hybrid kiss exercise	embrace cargo stand pilot chuckle merge mother convince aisle weather absent tool
will wood mystery roast dragon sun party meat elevator sentence case lunar	wasp police immense what dice live carry fresh tobacco runway truck crack
buyer exile midnight lady matter cattle click system license thrive enjoy select	crater trigger good prosper off inject grow volume announce pen stage box
boat often aspect virus clean wool vast curve snap crazy horror flight	soul strike sword drive glad cheap uncle dirt baby vacant draft barrel
pluck fun surround ghost fortune can ball orphan useful inhale patch author	express faculty barely moment fold winner pottery since plug scatter side around
museum clay trip label connect crisp front decide veteran arena direct agent	need lazy wonder behind combine park clinic mammal strategy accuse major across
mistake adult romance giraffe sea age issue motor category angry check alpha	shiver depth wrong safe access length begin hero because trumpet toss right
pyramid despair logic viable page winter return test captain flat business alarm	door auto produce employ hat venue report abstract couple black order arctic
quality arrest figure fiscal horn valve uncover rookie tornado vessel prefer dove	soap federal earth alter cupboard rhythm amazing still old giant view cat
bracket poem kangaroo grab curtain stairs upgrade task lecture tide amused large	success agree duty ice loan shaft later organ icon mirror pledge burst
hobby session lift moral mercy subject zebra sunset link salt tired exit	bulb photo nasty ski daughter craft crawl unlock huge face ocean loud
make sock visa release scheme world snack taxi eye exchange wheel layer	joke camera bean try service false curious erosion flash maximum myself child
next language tenant city letter hamster bone term lonely silent aunt outdoor	utility small clip mushroom security equal toward coast liquid canoe confirm below
symptom push display equip orchard ask beyond climb diagram erase match wagon	visit wrap famous skill fit until allow lucky skirt flavor lake poet
over enemy random work surprise flower oblige miracle history dad practice joy	various brand know border swamp smooth message seminar hedgehog awful bubble quantum
suspect hold tilt property vital clever window penalty remember mosquito boost noodle	mandate piano mask stay forest follow tuition nurse host prevent shift balance
monster happy chat diary like myth nature spend gain wear pretty attend	offer spoil odor obtain rather lounge sadness ostrich couch source clog consider
resource vocal tag raccoon betray easily fashion laugh upon spread mix grid	coil outside urban clap zero cloud chair battle monkey fame symbol traffic
life behave crime donkey render pass street struggle solution bar axis minor	similar divert worth defy impact thunder profit quarter volcano squirrel real caught
syrup expose law whisper sand essence legal cigar kiwi depart shine carpet	parent already effort pigeon panel upper join warrior omit resemble say drip
cart fiber destroy manage feel muffin slab wild step close cherry trophy	armor weekend girl trick they notice second toe nose exotic edge club
token hard junk actor west phone assault rare peasant fat decrease marble	onion hover gap rice mesh shop walnut fury riot miss damp muscle
tennis save claim raise music chief ecology into pumpkin library unique blue	zoo yard cost judge season title rich forget shell mobile slogan aim

situate have virtual vapor solid board material debate shrimp pond chunk rose	spice ketchup milk choice claw tourist outer protect pull speed tribe mule
yellow aware crowd garbage belt harsh uniform long coin obey wine keep	answer suggest ginger thing hello duck minimum pony congress movie sunny gas
funny differ mom obvious reject angle guilt delay leg artist van exhaust	frog steel hurry use rally detail sleep legend armed soft arm evoke
reform cross office install name dignity rate embody harbor school artwork sample	brother style drift more rail disease damage script shoot rent stuff owner
cradle autumn gift edit okay december tree sign leaf car coach end	relief achieve steak chest deny shadow humor enroll private jungle shoe gadget
slide scare sponsor jazz when crop simple shed coyote great team rabbit	ready donate pipe erupt elite silk garment oyster drastic art rifle salad
ethics husband proud image undo cement target another twenty beef dial drum	remain slice surge replace sausage tomorrow powder assume ripple rain very doctor
cool donor dutch smoke human garlic raven fan jacket market setup alcohol	size skate fee pistol comic cry invite palm dash february wrist vicious
increase during truth top region describe lizard evolve crash wire field filter	gown hood stone between sketch paddle slight measure almost example october canvas
this decade develop position sugar file clutch dolphin load clock grit frozen	biology dismiss journey galaxy way vendor group series play menu reveal learn
limb actual emotion shuffle decline thank unhappy anchor repeat bag green media	globe cover eternal then resist submit income hospital include chase hurdle visual
sudden cancel math demand garden leader foam physical north design index inherit	ride friend easy code month ozone mail goddess light slush sibling debris
bottom invest gospel rapid army knife estate brave ramp electric gun drill	beauty robust arrange lamp become custom census hub notable pear economy guide
initial margin news hollow afraid enough orange give seek define analyst burden	grunt arrow proof capital wheat brown ritual win apple eyebrow cycle reunion
wish glide enter reopen flush blur must episode fish sister gaze town	young bonus mutual crew today wedding attract attack pool crucial ordinary earn
much same pig cliff limit crane bargain marine broccoli memory result network	solve acoustic tonight change indicate ring net hip pencil hazard cave alone
foil sort cash injury neck atom used civil impulse dinner trap loop	nuclear extra total cotton cruel inner clarify draw hidden obscure width double
wealth future pause bridge butter also enable fault tip stone merry slot	