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The Ultimate Treadmill Workout: Run Right, Hurt Less, and Burn More with Treadmill Interval Training

David Siik

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Maximize the burn and eliminate the pain with the BITE method!

Move over, HIIT--there's a new workout in town! The Balanced Interval Training Experience, or BITE method, helps you shed weight and improve your run faster than ever before. Based on David Siik's award-winning methodology and experience as an elite runner, fitness instructor, and celebrity trainer, this new running program strikes an ingenious middle ground between sprinting and distance training.

With a signature formula and flow, Siik's BITE method provides you with the most incredible workout you've ever had on a treadmill. His detailed regime takes all the guesswork out of how fast to go, at what incline, and for how long, so that you can just focus on your run. In a few short weeks, you'll find yourself burning fat, losing weight, and boosting your speed just by following these simple principles.

No matter what level you're at, *The Ultimate Treadmill Workout* will help you ramp up your fitness routine, surpass your goals, and achieve the physique you've always wanted!

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Terri Root:

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Agnes Figueroa:

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Brooke Callender:

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