

The Precision Nutrition
Bonus Training Program

Get Leaner &
Stronger In 16
Minutes a Day

Monkey Bar Gym

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Introduction: Get Leaner & Stronger In 16 Minutes a Day

Yes, it's possible to achieve INSANE SHAPE in 16 minutes a day! The Monkey Bar Gymnasium (MBG) 15/15 workout has shown it's possible with thousands of members, and now it's time for you to join them!

With the MBG 15/15 workout you'll cut body fat & add muscle due to the intense anaerobic/aerobic nature of the workout. And you'll dramatically improve overall strength & conditioning in just 56 minutes of work time per week!

Jon Hinds of MBG developed the 15/15 workout after a fundraiser for 9/11 victims. He wanted to do something intense, so he attempted to complete 1,000 pushups in less than one hour. He soon realized that by breaking pushups into 15 seconds of work and 15 seconds of rest, he could keep a consistent pace. He ended up completing 1,000 pushups in 40 minutes and has since accomplished 500 pushups in 12 minutes (and 40 Handstand pushups & 100 kips in 10 minutes)! This kind of training is even starting to garner support from the scientific community, with data showing it can help improve conditioning.

MBG incorporates pulls, presses, D-balls, kettlebells, handstand walks and rope climbs during 15/15 workouts. You can do this workout with one, two, three or four exercises. And you can emphasize strength/endurance OR power/endurance by modifying how many reps you complete on each set (anywhere from 1 to 10 rep sets). You might do sets of 1-3 reps with handstand pushups and rope climbs as a power/endurance combo OR sets of 10 reps with pushups and body rows for strength/endurance.

You can also vary total workout time, doing the 15/15 workout anywhere between 5 and 10 minutes. With one professional X-Games athlete, MBG matched the 15/15 to his competition day schedule: 6 pods of 15/15 for 6-8 minutes each, focusing on power/endurance with 5 minute rests between sets. His 12 week training results were phenomenal; 27 less pounds of fat, 12 more pounds of muscle, and conditioning levels that were off the charts!

How's does it work?

1. **Incorporate and develop four basic movements:** Pushing, Pulling, Squatting, Extending
2. **Progress each week:** Each week try to improve reps, time or level of difficulty on each exercise. Simply keep track of total reps for each workout and set new goals for what you would like to achieve during the next workout.
3. **Exercise levels:** Before jumping into the workout, MBG recommends taking a physical test to establish baseline levels of fitness. This test can be found here: <http://monkeybargym.com/mbg-milestones.html>. You can also check out the video library and learn proper form on all of the exercises.
4. **A week of workouts:** We've outlined 4 weeks of workouts with the following format. After 4 weeks, try changing to a different workout routine.
 - Day 1 - MBG 15/15 strength workout (16 minutes total work time)
 - Day 2 - MBG 15/15 sprint & core workout (16 minutes total work time)
 - Day 3 - Off or yoga
 - Day 4 - MBG 15/15 strength workout (16 minutes total work time)
 - Day 5 - MBG 15/15 sprint & core workout (16 minutes total work time)
 - Day 6 - Off or yoga
 - Day 7 - Off or yoga

5. How a strength workout is timed

Upper body strength

0-15 seconds: do upper body pressing exercise (see options in "The Workouts")

15-30 seconds: rest and get ready for second exercise

30-45 seconds: do upper body pulling exercise (see options in "The Workouts")

45-60 seconds: rest and get ready for first exercise

Repeat for 8 minutes total.

If using interval timer, set it for 15 seconds work/15 seconds rest x 16 rounds total (8 rounds of work for pressing and 8 rounds of work for pulling).

REST 5 MINUTES BETWEEN UPPER AND LOWER BODY

Lower body strength

0-15 seconds: do lower body squatting exercise (see options in "The Workouts")

15-30 seconds: rest and get ready for second exercise

30-45 seconds: do lower body extending exercise (see options in "The Workouts")

45-60 seconds: rest and get ready for first exercise

Repeat for 8 minutes total.

If using interval timer, set it for 15 seconds work/15 seconds rest x 16 rounds total (8 rounds of work for pressing and 8 rounds of work for pulling).

Note for first timers

Stop at approximately 12-13 seconds if doing higher reps OR much earlier if doing heavy power sets. Find your rep number for each exercise and then do your best to repeat the same number of reps for all sets. Sometimes you will finish early, sometimes a bit after the 15 seconds. This is OK, do your best to hit the same mark on each set without going to failure during a set. If you are breaking down during a set, then make the exercise easier (we want quality reps).

The Workouts

Day 1 - MBG 15/15 strength workout (16 minutes total work time)

Warm up – do warm up sets of the exercises you plan on doing					
15/15 strength workout	Week 1	Week 2	Week 3	Week 4	Rest period
A1) Upper body pressing*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds
A2) Upper body pulling*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds
Rest for 5 minutes					
B1) Lower body squatting*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds
B2) Lower body extending*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds

*For exercise descriptions, see "The Exercises"

<p>Upper Body Combinations</p> <p>Stability (beginner): Knee Pushups (pressing) & 90 degree Assisted Chinups (pulling) (Goal is 8 reps of each per set)</p> <p>Strength (intermediate): Pushups (pressing) & Chinups OR Pullups (pulling) (Goal is 6 reps of each per set)</p> <p>Power (advanced): Power Pushups (pressing) & Weighted Chinups OR Pullups (pulling) (Goal is 6 reps of each per set)</p> <p>Lower Body Combinations</p> <p>Stability (beginner): Control Squat Jumps (squatting) & Light Cable Cleans (extending) (Goal is 8 reps of each per set)</p> <p>Strength (intermediate): 24" Box Jumps (squatting) & Medium Cable Cleans (extending) OR kettlebell Swings (extending) (Goal is 8 reps of each per set)</p> <p>Power (advanced): 30" - 36" Box Jumps (squatting) & Heavy Cable Cleans (extending) OR kettlebell Swings (extending) (Goal is 6 reps of each per set)</p>

Day 2 - MBG 15/15 sprint & core workout (16 minutes total work time)

Warm up – 5 to 10 minutes of dynamic mobility drills

Stability (beginner): Jog 200 meters, walk 100 meters, repeat for 11 minutes. Mark total distance covered within the 15 minutes and improve it each week.

Strength (intermediate): Run 200 meters, walk 100 meters, repeat for 11 minutes. Mark total distance covered within the 15 minutes and improve it each week.

Power (advanced): Sprint 200 meters, walk 100 meters, repeat for 11 minutes. Mark total distance covered within the 15 minutes and improve it each week.

Note: Set up cones on a track to help gauge distance (one cone every 100 meters around the track), if not on a track and running on the streets, use light posts (run 2, walk 1).

Core training (after sprints)

0-15 seconds: Power wheel crawls (goal is 15 yards per set)

15-30 seconds: rest and get ready for second exercise

30-45 seconds: Power wheel leg curls (goal is 10 reps per set)

45-60 seconds: rest and get ready for first exercise

Repeat for 5 minutes total.

If using interval timer, set it for 15 seconds work/15 seconds rest x 10 rounds total (5 rounds of work for crawls and 5 rounds of work for curls)

*For exercise descriptions, see "The Exercises"

Day 4 – MBG 15/15 strength workout (16 minutes total work time)

Warm up – do warm up sets of the working exercises you plan on doing					
15/15 strength workout	Week 1	Week 2	Week 3	Week 4	Rest period
A1) Upper body pressing*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds
A2) Upper body pulling*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds
Rest for 5 minutes					
B1) Lower body squatting*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds
B2) Lower body extending*	15 seconds	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds (add 1-2 reps)	15 seconds

*For exercise descriptions, see "The Exercises"

<p>Upper Body Combinations</p> <p>Stability (beginner): Knee Pushups (pressing) & 90 degree Assisted Chinups (pulling) (Goal is 8 reps of each per set)</p> <p>Strength (intermediate): Pushups (pressing) & Chinups OR Pullups (pulling) (Goal is 6 reps of each per set)</p> <p>Power (advanced): Power Pushups (pressing) & Weighted Chinups OR Pullups (pulling) (Goal is 6 reps of each per set)</p> <p>Lower Body Combinations</p> <p>Stability (beginner): Control Squat Jumps (squatting) & Light Cable Cleans (extending) (Goal is 8 reps of each per set)</p> <p>Strength (intermediate): 24" Box Jumps (squatting) & Medium Cable Cleans (extending) OR kettlebell Swings(extending) (Goal is 8 reps of each per set)</p> <p>Power (advanced): 30" - 36" Box Jumps (squatting) & Heavy Cable Cleans (extending) OR kettlebell Swings (extending) (Goal is 6 reps of each per set)</p>
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Day 5 – MBG 15/15 sprint & core workout (16 minutes total work time)

Warm up – 5 to 10 minutes of dynamic mobility drills

Stability (beginner): Jog 200 meters, walk 100 meters, repeat for 11 minutes. Mark total distance covered within the 15 minutes and improve it each week.

Strength (intermediate): Run 200 meters, walk 100 meters, repeat for 11 minutes. Mark total distance covered within the 15 minutes and improve it each week.

Power (advanced): Sprint 200 meters, walk 100 meters, repeat for 11 minutes. Mark total distance covered within the 15 minutes and improve it each week.

Note: Set up cones on a track to help gauge distance (one cone every 100 meters around the track), if not on a track and running on the streets, use light posts (run 2, walk 1).

Core training (after sprints)

0-15 seconds: Power wheel crawls (goal is 15 yards per set)

15-30 seconds: rest and get ready for second exercise

30-45 seconds: Power wheel leg curls (goal is 10 reps per set)

45-60 seconds: rest and get ready for first exercise

Repeat for 5 minutes total

If using interval timer, set it for 15 seconds work/15 seconds rest x 10 rounds total (5 rounds of work for crawls and 5 rounds of work for curls)

*For exercise descriptions, see "The Exercises"

The Exercises

Go to www.monkeybargym.com to view videos of the exercises

Go to <http://shop.monkeybargym.com/> to find products used in some of these workouts

Upper Body Pressing Options

Knee Pushups

- Set alignment and maintain it as far as possible during the knee push-up.
- Do not drop your head towards the floor or allow shoulders to collapse.
- Perfect form on knee push-up is complete stillness from knees to the top of the head with only the arms bending.
- If this is not clear, lie on the floor and then pushing up with the hips, chest and nose leaving the floor at the same time and then touching at the same time on return.

Pushups

- Body straight from head to heels
- Hands directly under the shoulders with fingers spread and pointed straight ahead
- Forearms press forward, upper arms press back, shoulders wide
- Elbow pits facing each other
- Head reaches long to lengthen the spine (like a turtle out of shell)
- Keep form throughout each rep
- Touch hips, chest and nose at the same time to the floor on the way down & up.

Power Pushups

- Same form as regular pushup
- Start with 1 band on the Power Push-ups and then move to 2 and then 3 bands as you feel. You can also use a sandbag, weighted vest, scuba belt or person on your back > progress with 10% > 20% > 30% > etc all the way up to 100% of your body weight.
- Lay on floor, place Power Pushup across upper back and under arm pits
- Then grab handles with thumbs through handles till across palms
- If you want to train heavier this workout is still fine to train. You can do sets of 1 rep to start with and progress up to 5 or 6 and then increase the resistance if you want.
- A weight vest, sandbag, partner resistance are all fine here as well.

Upper Body Pulling Options

90° Assisted Chinups

- Handles of jungle gym/bar should reach bottom of chest
- Stand under hanging Jungle Gym, so the angle of the jungle gym is 90°
- While holding Jungle gym handles sit straight towards the floor
- Body straight from hips to head Keep throughout each rep of the exercise
- Hands hold the bar with palms up, towards each other or away.

- Lift your body up as you pull the elbows down to your sides, keep the body vertical and lift up until your chest touches the bar or your hands.
- Keep the shoulders down and wide
- Feet stay flat on floor throughout exercise with weight on heels
- Head neutral & reaching long to lengthen the spine (like a turtle reaching out of its shell)
- This will kind of look like you are doing a squat, but you are also pulling yourself up. The squat is taking place to assist your body up.

Chinups OR Pullups

- Hands comfortably hold the handles/bar with palms up, towards each other or away.
- Body straight from hips to head Keep throughout each rep of the exercise
- Lift your body up as you pull the elbows down to your sides, keep the body vertical and lift up until your chest touches the bar or your hands. "Don't touch, Don't Count".
- Keep the shoulders down and wide
- Resist with control your body down until your arms are fully extended, but not hanging
- Head reaching long to lengthen the spine (like a turtle reaching out of its shell)
- I use chin-ups the same as pullups, as I want you to change your grip regularly and do not feel it is necessary to mention to do chin-ups or pullups.

Resisted Chinups

- Same set ups as regular chins or pullups except now wear a weight vest OR hold a D-ball OR heavy med ball between your legs/knees.

Lower Body Squatting Options

Controlled Jump Squats

- Stand tall with legs shoulder width
- Squat straight down while maintaining 3 points;
- Knees point towards big and second toe
- Balance is 50/50 each side
- Chest and buttock are out with head neutral
- Squat down only as far as you can maintain control 3 points and put marker there
- Then slowly jump up out of squat until legs are straight and body is vertical, using the arms to give you more lift.
- Then when you land, bend the knees and absorb the ground as much as possible by dropping into a full squat with hands touching ground next to feet.
- Repeat for your reps/time.

Box Jumps (Strength level is 12" to 24")

- Stand tall with legs shoulder width
- Squat straight down while maintaining 3 points;

- Knees point towards big and second toe
 - Balance is 50/50 each side
 - Chest and buttock are out with head neutral
- Drop into a ¼ squat and then jump onto a box.
- Land quietly like a cat (absorb your landing) on top of the box/bench, make as little noise as possible and then jump back to floor.
- You can begin by gathering yourself on the floor and box and then shorten the pauses between jumps so there is no pause at all
- Great form is jumping without pause on the floor or box and NO collapse in the ankles, knees or back. DO NOT go to higher box if you are collapsing at a low box, you need more stability and strength first.

Power Jumper Box Jumps (Power level is 24" to 36" with Power Jumper)

- Stand tall with legs shoulder width with Power Jumper on feet and over shoulders.
- Drop down into a ¼ Squat straight down while maintaining 3 points;
 - Knees point towards big and second toe
 - Balance is 50/50 each side
 - Chest and buttock are out with head neutral
- Arms are back behind your hips in a 'Jump Ready' position.
- Then jump up out of squat until legs are straight and body is vertical
- Quickly pull your feet up onto the box using a strong pull action from your arms as well.
- Then quickly jump back to the floor and jump back up onto the box as fast as possible.
- Do your best not to pause at all between jumps.
- Great form is jumping without pause on the floor or box and NO collapse in the ankles, knees or back. DO NOT go to higher box if you are collapsing at a lower box, you need more stability and strength first.

Note from Jon Hinds: The Power Jumper is without question my favorite Jump Training equipment.

Lower Body Extending Options

Cable Cleans

- Start in an athletic stance with legs shoulder width
- Bend forward from the hips with arms extended towards the point of attachment (cable should be attached close to the ground), palms up.
- maintaining 3 points;
 - Knees point towards big and second toe
 - Balance is 50/50 each side
 - Chest and butt are out with head neutral
- As you stand up, arch / curl your hands towards your shoulders
- Resist the hands in the same arch back towards point of attachment as you bend forward from the hips with shins kept vertical.
- Keep elbows pointing towards point of attachment at all times and eyes looking straight ahead as well.
- DO NOT let your elbows come in towards your sides.

- Think of this as a Romanian deadlift/curling movement.

Kettlebell swings (single kettlebell, two hand swing)

- Start in a wide stance with feet pointing straight ahead and a kettlebell centered and slightly in front of your feet.
- Sit into a slight squat and grab the kettlebell with both hands. Look straight ahead and keep the back straight by reaching your chest forward.
- Hike the kettlebell back between your legs as if hiking a football.
- Quickly pull the kettlebell in the opposite direction as you forcefully stand up straight bringing the hips forward and allowing your arms to come up to eye level.
- Avoid locking the legs at the top and over arching the back. Imagine that you need to jump up straight as high as you can and focus on squeezing the glutes at the top to avoid over arching.
- Allow the kettlebell to come back between the legs as your forearms connect with the groin area. Always look straight ahead and keep the chest pointing forward.
- Repeat the movement.
- When putting the kettlebell down, do not look at the ground. Put it down the same way you picked it up.

Core exercises

Power Wheel (PW) crawls

- Start in incline plane on hands with legs straight and feet in power wheel
- Forearms press forward, upper arms press back, shoulders wide
- Elbow pits facing each other, fingers angle out to the side
- Head reaching long to lengthen the spine (like a turtle reaching out of its shell)
- Start walking with your arms

Power Wheel (PW) curls

- Place feet in power wheel
- Lay on back in supine position
- Lift hips off floor as you bend your knees maintaining a straight line from knees to shoulders.
- Keep body long as you curl feet in towards your buttock and then back to straight leg without hips touching floor.
- Keep the knees the same width as the feet throughout

Alternate Exercise Options

- Upper Body Pushing
 - Handstand pushups
 - Hindu pushups
 - Dive bombers
 - Walking on your hands
 - Kettlebell presses
- Upper Body Pulling

- Body rows
- Kips
- Rope/pole climb
- Muscle-ups
- Renegade rows

- Lower Body Squatting
 - Elbow to knee squats
 - Resisted squats
 - Lunges
 - Split squats
 - Power Jumper Jumps

- Lower Body Extending
 - Cable Full Extension
 - Broad jumps
 - Kettlebell snatches

Proper sprinting form

- Kick your shoes off and run across the floor...notice anything? Your heels didn't touch the floor much did they? When you run across the floor barefoot you will naturally land on the front half of your feet with your heels almost touching the floor but not touching.
- **One** – Run on the front half of your feet. DO NOT LAND ON YOUR HEELS!! If you run too much on the balls of your feet you will feel a lot of work in the calves happening, the idea is heels just barely off the ground, toes lifted towards the shins always. This action keeps the ankle more rigid and makes for quicker spring action off the ground with each step. Besides slowing you down dramatically, heel running bypasses all your natural shock absorbers in your front foot and passes about 30% more shock on to the rest of your body, namely your knees and back.
- **Two** – Legs: As the front half of your foot hits the ground pull your heels directly back up towards your butt, lifting the toes towards the shin as well. But also think running light and smooth. A good analogy is heels above knees, not in front of, not in back of, but above the knees. This will put your feet and legs in the proper position.
- **Three** - Body Lean: Begin by standing and then leaning forward until you need to step forward...this is your proper angle for running
- **Four** - Arms: Elbows bent to 90 degrees, swinging arms from front to back. If you are 12 o'clock then swing your arms to the front to 4 o'clock and then to the back to 8 o'clock. Steve Williams, who ran under 10 flat in the 100 meters 27 times, told MBG that the more forceful this swing, and the faster the turnaround (called blocking) at the 4 and 8, the faster you will run. Anyone who can run that fast so many times (27!!) knows what he's talking about!
- **Five** – Putting it all together: Keeping the hips and shoulders square to the floor, keeping the proper lean, running off front half of your feet while pulling with your heels straight up towards your butt and swinging and blocking with your arms forcefully from 4 to 8 on the clock. Remember the faster you move your arms the faster you move your legs.

About Monkey Bar Gym & Jon Hinds

MBG Mission: To change the way the world looks at health and fitness. To open people's minds to experience how their bodies truly function. To follow the roots of nature in everything we do - we run, jump, crawl, climb, roll and react like on the playground as children. With a unique type of exercise that engages the entire body and mind we build useable skills along with lasting confidence. Members are empowered to progress in a challenging, non-discriminating environment.

MBG was created by Jon Hinds in 2000 and was the beginning of a fitness revolution. MBG integrates full-body skills training for strength, speed and stamina; Eischens Yoga for restoration and healing; and a plant-based diet for the health of people and our planet. Full-body skills training, Eischens Yoga, and Plant-based Nutrition is the MBG3.

We strengthen ourselves through full body workouts and the foods the Earth provides us. Now it's your turn, Join us! Let the Revolution Begin!

www.monkeybargym.com

