This workout takes place in the Stone Area of the Primal Playground. It is done as a circuit for three rounds with reps being added as rounds progress. To make this more challenging you can choose to carry a particular stone (your “baby”) for the entire circuit.

- Ground to Ground - Move across the boulder pile in the back right of the Stone Area, from ground to ground as quickly as possible. Make it harder by choosing a different path each time. x5/x10/x15
- Hand to stone - Standing on top of the boulder pile, place your hand on a fixed point and move clockwise then counter clockwise around the pile without moving your hand until you change direction. x5/x10/x15 (each direction)
- Squats/Squat Jumps/Squat Thrusters - Each round is a new squat variation. Hold a rock to increase the intensity. x10/x15/x20
- Russian Twists - Find a seat on a boulder and, holding a stone between both hands, raise your feet and twist from side to side. x15/x20x25

By Mark Rice