

IJAMS PRIMAL PLAYGROUND

Unmovable Stones

Welcome to the Ijams Primal Playground!

It's time to challenge yourself in new and different ways.

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