This workout takes place in the Stone Area of the Primal Playground. It is done using the Stone Over Bar element, which looks like a double hitching post with one side lower than the other. The key to a great workout is to choose stones that are heavy for you. It may take a few tries to find the ones that challenge you best, but when you do, you’ll see the benefits of this elegantly simple workout. This workout is done as 3 circuits, with reps added to each exercise as the circuits progress.

- **Stone Pickups** - Essentially a deadlift, you will choose a heavy stone and pick it up to chest height, drop it and pick it up again. Please make sure to engage your core and start with a lighter stone until you are comfortable with the movement. x5/x10/x15

- **Shoulder to Shoulder** - Pick up a stone to your shoulder, drop it, and pick it up again to the opposite shoulder. x3/x5/x8 for each side. Add a squat to each lift to increase difficulty.

- **Stone Over Bar (low bar)** - Choose a heavy stone, pick it up, and put it over the low bar, allowing it to drop to the other side. Repeat. x5/x10/x15

- **Stone Over Bar (high bar)** - Using the same stone as with the low bar, do the same thing with the high bar. X2/x4/x6

- **Pullups or Bodyweight Rows** - Using the Stone Over Bar element, do either pullups or bodyweight rows. AMRAP but a minimum of 5/circuit.

By Mark Rice