

IJAMS PRIMAL PLAYGROUND

Stone Over Bar

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 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 make 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