

IJAMS PRIMAL PLAYGROUND

Challenge

Welcome to the Ijams Primal Playground. This workout is a great way to see many of the ways you can use this space. Time yourself to really make it a challenge!

Start at Ijams Primal Playground directional stump

Run to Stone Area

- 10 box jumps or 10 power step-ups
- 5 stone to platform (*choose a stone that is heavy for you and place on a large stone, remove to ground, repeat*)
- 5 stone to shoulder w/ carry (*lift a stone to your shoulder and carry the length of the open space 5x*)
- 5 over/under stone bridge
- 5 stone over bar (*lift a stone over the wooden bar of your choice, let fall, then pick-up and do it again*)
- 5 ground to ground on the boulder pile (*move over the boulders in whatever way you like for 5 passes*)

Run to Wood Area

- 3 lifts of each of as many of the Crazy Fingers as you can or 15 Dead lifts and 15 landmine presses
- 5 Jungle gym climbs (any path) ****Bonus - Remove 5 seconds for every pull-up completed**
- 15 stone weighted squat thrusters
- 15 stone weighted reverse lunges
- Speed ladder to slant wall stones through and back 5 times
- 15 pushups (*modified on the Hitching Post if necessary*)
- 15 hanging rows on the Hitching Post
- 3 Log and Lily Pad passes



Run to Boulder Field

- 5 stone over shoulder
- 5 counter clockwise turns of the Conan Wheel followed by 5 clockwise turns (*modification: if you cannot pick-up the Conan Wheel, choose a stone to front carry while circling the wheel 5x one way and 5x the other*)
- 2 passes (across and back) of the boulder field

Run back to Ijams Primal Playground directional sign (You completed the Challenge! You are amazing!)

**** Remove 20 seconds from time for every challenge stone lifted**