

IJAMS PRIMAL PLAYGROUND

Field of Stone

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 in sets or AMRAP (as many reps as possible). Choose the amount of time you want to work (30 min, 45 min, or 1 hour) and start with the beginning exercise, moving quickly through all of exercises before starting over. How many full sets of all the exercises can you do in your chosen time? Can you beat that number next time?

- Loaded reverse lunges - find a stone that is heavy for you. Hold it in a front load position or on your shoulder (if on shoulder, make sure to switch sides). Do 10 reverse lunges/side or 15 if more advanced.
- Stone Single Leg Romanian Deadlift (SLRDL)- Holding a stone at arms length, do 10 SLRDL/side or 15 if more advanced.
- Broad jump to burpee - Moving across the open area, perform a broad jump, a burpee and continue until you have made it to the other side. (Modification: carrying a stone, take two long steps, drop into a squat, and continue this sequence across the open area.)
- Stone walking lunges - Return across the open area by doing walking lunges with a stone carried either overhead, on your shoulder, or just using body weight without a stone.
- Stone shoulder presses - Using a stone heavy for you, stand in an athletic stance and press the stone overhead for 10, 15, or 20 reps.
- Lateral bear crawl - Choose two fixed points and perform lateral bear crawls from one the other and back again. (Modification: Perform a squat side shuffle between the two points and back again either with a stone or just using bodyweight.)



By Mark Rice