

IJAMS PRIMAL PLAYGROUND

Tharp Trace 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 Wood Area and move (run, walk, hop, whatever works) up the hill to Tharp Trace trailhead on your right at the top of the hill. Complete Tharp Trace and return to the Stone Area.

- 5 box jumps or 5 power step-ups/side
- 5 stone to platform (lift stones to top of one of the flat-topped rocks)
- 5 over/under boulder bridge
- 10 stone weighted squat thrusters
- Walking stone weighted lunges to the boulder pile
- 5 clockwise revolutions of boulder pile with hand stationary on top
- 5 counter clockwise revolutions of boulder pile with hand stationary on top
- 5 stone over high bar
- 5 stone over low bar

Run to Wood Area

- Lift and push over all 5 Fingers or do heaviest you can 5 times
- Touch the top of the Jungle Gym 5 times
- 15 pushups
- 15 rows
- 15 dips
- Traverse lily pad course 5 times

Run to Boulderfield

- 10 rotations of the Conan Wheel or 10 circle runs around the Conan Wheel
- 10 stone over shoulder
- 2 passes through the boulderfield **

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

**** Remove 20 seconds from time for lifting 1 Tharp stone (red handled stones in Boulderfield area) or 1 minute for lifting both at the same time.**



By Mark Rice