

IJAMS PRIMAL PLAYGROUND

Stonehenge 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!

This workout can be done as a set of 3 or AMRAP (as many reps as possible for 20 or 30 or 40 minutes). The entire workout takes place at the Graduated Stone or “Stonehenge” element of the Stone Area. Your workout will be as challenging as the stone you pick-up.

	Sets	1	2	3	
• Stone weighted front squats		10	15	20	reps
• Box jumps					
(progression: jump from small stone to medium, and then large)		5	10	15	reps
• Stone to platform (choose weight of stone and height of platform)			5		reps
• Stone step-overs (choose a boulder and move over it)		10	20	30	reps
• Stone weighted squat thrusters		5	10	15	reps
• Push-ups					
(incline on stone, on ground, or decline w/ feet on tallest stone and hands on medium stone)		10	15	20	reps
• Tricep Dips (bodyweight)		10	15	20	reps
• Stone bicep curl		10	15	20	reps



By Mark Rice