Stone Lifting for Brute Strength

Part II

With the variety of shapes, sizes and weight of the stones that are laying around everywhere, this means you must employ a variety of different exercises with the stones. Training with the stones today has left my grip fried and that’s a good thing! Every single exercise I did with the stones today was tough and required me to wrestle with the weight just to get it in position. With each new set my body became more adept at lifting the stones easier and quicker.

Choose your weapon. Large stones, small stones, odd shaped stones, they ALL work!
Below, wrestling with the stone to get it in place for stone carrying.
Above, using the legs to help lift the stone. Countless muscles are being worked here.

You can always quit, I prefer to NEVER quit!

Some of the different exercises I played with today were the windmill, the sots press, bent over rows combined with dead lifts for a little combo action and the rotational military press.
Rotational military press, start on one side, press straight overhead or with a rotation, return to the other shoulder and repeat. Rotate slightly during each press.
Above, rotational overhead press, below, traditional military press.
Above & Below, performing high rep bent over rows with a lighter stone was a great change from using heavy barbells, dumbbells and kettlebells. Do a minimum of 30 reps!
Try the following work out with a stone:
1A. Bent Over Row 4 x 20 – 30 reps
1B. Military Press 4 x 15 – 20 reps
2. Dead Lift (any variation) 5 x 10 reps
3. Heavy Stone Carry for max time / distance 3 sets
4. Small Stone Complex: 3 x 2 minutes of 8 reps each (the double snatches will fry the grip!!)
   - Bent over laterals
   - Side laterals
   - Upper Cuts
   - Double Snatches

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The final complex is more of an aerobic and grip workout. Still, doing supplemental work is great because it helps increase strength by attacking the smaller muscles which may require the detailed attention that they don’t get during all the basic compound lifts. The snatches will be very tough on grip and should be performed explosively like any other snatch movement (barbell, dumbbell, kettlebell).

Zach Even – Esh is a Performance Coach for Combat Athletes located in NJ. To get more articles on old school training and how to accelerate your performance big time, visit www.UndergroundStrengthCoach.com