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# THE CrossFit JOURNAL

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## The Stone

On the moving of very heavy things.

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By **Mike Warkentin** Managing Editor

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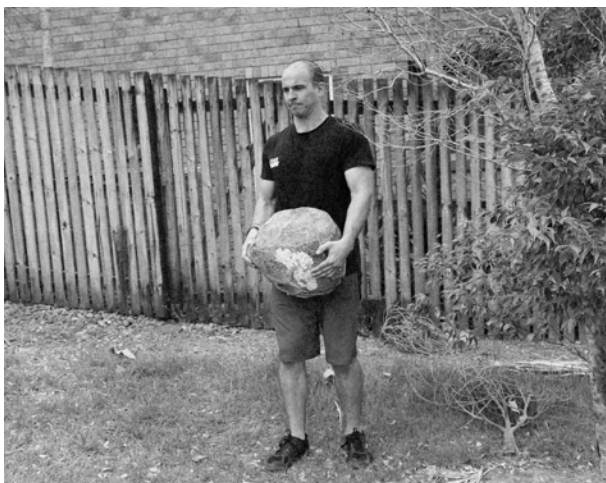
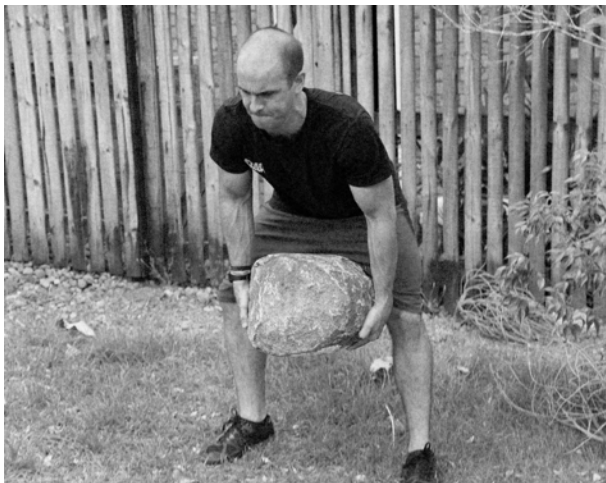


All images: Erica Fforde

Humans have moved stones for millennia.

Flipping, pushing, pulling, dragging, rolling and sliding until the pyramids towered over the desert.

People moved some of the mighty blocks of Stonehenge over 100 miles, scientists say.



The Paro moai erected on Easter Island is almost 10 meters tall and weighs 82 tons.

It's in our nature to move heavy stones because we build things. Great things like temples, monuments, castles, bridges, cathedrals.

We build other things by moving stones.

Like will power. And strength—inner and outer.

Character, too. It takes great character to move a heavy stone a great distance.

And commitment.

And heart.



**Brett Fforde and his stone.**

The size of the rock is defined by the vision of the architect. The best of them dream great dreams without considering the weight of the stone.

The stones will be moved. It will be built. We will find a way.

It takes more than two-thirds of the work to create only the bottom third of the pyramid.

The biggest stones must come first. Always. Like a test of worth. Starting is the hardest part. Anyone can move the small stones. Only the strongest can lay the right foundation.

Some days the stones feel light and the distance short. Many will move and structures will take shape. Other days a single stone will move but a few feet before energy is exhausted and the project is abandoned for a better day.

But the stones move. Always they move.

Fifteen feet a day, 3.5 miles a year. Almost 200 miles in a lifetime of effort.

Pick it up, over and over.

Teach your sons and daughters to pick it up when you are gone.

You will bleed and you will hurt. But you will grow strong.

Very strong.

And you'll learn about perseverance.

You'll learn about the kind of person it takes to move something very heavy a great distance.

You'll learn about yourself.

What was once there is now here.

Because of you.

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It's a kilometer from CrossFit Seminar Staff member Brett Fforde's garage gym to the local shopping center in Mackay, Australia. In between the two sat an awkward boulder of about 175 lb.

Each time he passed it, he moved the stone five to 20 meters closer to home.

When a 9-lb. piece broke off, he glued it back on.

It now rests in his garage, and he uses it for workouts.

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### **About the Author**

*Mike Warkentin is the Managing Editor of the **CrossFit Journal** and the founder of [CrossFit 204](#).*