



I Adiutrix Legion Workout

Ranks:

- Legionnaire-beginner (3 rounds)
- Centurion-intermediate (4 rounds)
- General-expert (5 rounds)
- Praetorian-extreme effort (6 rounds w/vest)

Workout:

10-12 reps tire flip-burpee-tire jump

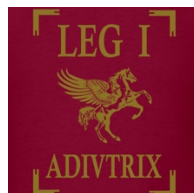
10-12 reps tire toss

10-12 hammer swings

55 yards farmers carry 90 lbs

**Praetorian add 20-40 lbs weight vest

After workout: 5 - 40 meter sprints



The I Adiutrix Legion was founded in AD 49 in service to Emperor Galba.

Battle Honors include:

Battle of Old Camp, AD 68

Trajan's Dacian Wars, AD 101-106

Trajan's Parthian Campaign, AD 114-116

Marcus Aurelius' German Wars, AD 161-180