



I Germanica Legion Workout

Ranks:

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

4 Rounds:

12 Tire flips

12 Overhead tire tosses

12 Hammer swings

40 meter Farmers Carry 90 lbs

After workout: 5 - 40 meter sprints

** Praetorian add 20-40 lbs weight vest



The I Germanica Legion can trace its history all the way back to Pompey the Great's elite unit.

Battle Honors include:

Cantabrian War, 29-20 BC

Battle of Idistavicus, 15-5 BC

Battle of the Angrivar Barrier, AD 15

Battle of Long Bridges, 15-5 BC

First Battle of Bedriacum, AD 69

Battle of Old Camp, AD 70

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