



I Italica Legion Workout

Ranks:

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

30/40/60 sec battling ropes

20/25/30 reps push-ups

5/10/15 reps box jumps

5 deadlifts @ 155/185/225 lbs

**Add weighted vest or rucksack

After workout: 3 mile run or 5 40-meter sprints



The I Italica Legion was founded in AD 66, by Nero.

Battle Honors include:

Battle of Bedriacum, AD 69

Dacian Wars, AD 101-106

Marcus Aurelius' German Wars, AD 167-175