



I Minervia Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)**

Do:

5 each: 25/35/45 lbs dumbbell burpees with push-up

5 each: 25/35/45 lbs weighted pull-ups

20 pushups

**Praetorian: 10 reps on the first two exercises and 40 pushups

After workout: Four 3-minute rounds on a punching bag OR five 40-meter sprints

**Praetorian add weight vest 10-20 lbs



The I Minervia Legion was founded in AD 82, by Domitian.

Battle Honors include:

Domitian's Chattian Campaign, AD 83

Dacian Wars, AD 101-106

Parthian War, AD 161-166

Marcus Aurelius' Danube Campaigns, AD 167-175

Battle of Lugdunum, AD 197

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