

## **I Parthica Legion Workout**

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds with weighted vest/rucksack)\*\*

Do:

10/8/6 deadlifts 135-155-185 lbs

10/8/6 kettlebell swings 40-50-60 lbs

Then:

For 3, 4, 5, or 6 rounds:

5 pull-ups

100-200-300 yards on rowing machine

\*\*Praetorian add 20 lbs weight vest

**After workout: Run 1 mile OR five 40-yard sprints**



The I Parthica Legion was founded in AD 197, by Septimius Severus.

Battle Honors include:

Severus' Eastern Campaigns, AD 197-207