



## II Adiutrix Pia Fidelis Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort\*\* (6 rounds)

Rounds:

12-14-16 oblique hammer swings

12-14-16 overhead car tire throws

20 pushups

40-50-60 yard overhead car tire carry

40-50-60 yard sprints

\*\* Praetorian level add 20 lb weight vest

**After workout: Run 1 mile or do a 1k row**



The II Adiutrix Pia Fidelis Legion was founded in AD 69, by Vespian.

Battle Honors include:

Battle of Old Camp, AD 70

Conquest of Brigantia, AD 71-74

Agricola's Welsh Conquest, AD 82-84

Trajan's Dacian Wars, AD 101-106

Marcus Aurelius' Parthian Campaign, AD 114-166