



II Augusta Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)**

Rounds:

10 box jumps

10 medicine ball slams 18-20 lbs

10 flutter kicks

10 pushups

10 air squats

40-yard sprints

** Praetorian add 20 lbs weight vest

After workout: Run 1 mile or 1k on rowing machine



The II Augusta Legion was founded for service in Spain by Pompey the Great.

Battle Honors include:

Cantabrian War, 29-19 BC

Germanicus' German Campaigns, AD 14-16

Invasion of Britain, AD 43

Conquest of Wales, AD 80

SurvivalLegion.com