



II Italica Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)

Rounds:

8-10-12 burpees with 25 lbs dumbbells

30-45-60 seconds rope climber

30-45-60 seconds Jacobs ladder

12-14-16 plank and pushups on balance ball

Rest :45-:60 seconds between rounds.

Praetorian add 20 lbs weight vest.

After workout: Do 5 50-100 yd. sprints



The II Italica Legion was founded by Marcus Aurelius in AD 165

Battle Honors include:

Relief of Aquileia, AD 169

Germanicus' German Campaigns, AD 14-16

Invasion of Britain, AD 43

Conquest of Whales, AD 80

SurvivalLegion.com