



II Parthica Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)

Rounds:

10-12-15 weighted burpees 25 lbs

10-12-15 box jumps

40-45-50 yard farmers carry 90 lbs

40-45-50 - yard sprints

Praetorian-add 10-20 lbs weight vest

After workout: 1/2 mile run at 85% of max effort, then 1 1/2 miles at 75%.



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

Battle Honors include:

Severus' Parthian Campaign, AD 197-201

Caracalla's Parthian Campaign, AD 215-218

Battle of Nisibis, AD 217

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