



II Traiana Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)

Rounds:

10-12-15 medicine ball slams 20 lbs

10-12-15 kettle bell swings 60 lbs

30-45-60 seconds rope climber or battling ropes

45-60-75 second on Jacobs ladder or sprints

Praetorian-add 10-20 lbs weight vest

After workout: Do 2 1/2 mile runs with 3 minutes of rest in between.



The II Traiana Legion was founded in AD 105, by Trajan.

Battle Honors include:

Trajan's Parthian Campaign, AD 197-201

Defense of Alexandria, AD 172-173