



### **III Augusta Legion Workout**

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)

Rounds:

15 sledgehammer swings

10 overhead medicine ball tosses 16-20 lbs

10-12 side-to-side car tire wall slams

10 tractor tire flips

40-yard sprint

Praetorian-add 10-20 lbs weight vest

**After workout: 1.5-mile run.**



The III Augusta Legion was founded in 19 BC by Augustus.

Battle Honors include:

Tacfarinas' Revolt, AD 17-23

Battle of Carthage, AD 238

**SurvivalLegion.com**