



III Gallica Legion Workout

Ranks:

Legionnaire-beginner (3 rounds)

Centurion-intermediate (4 rounds)

General-expert (5 rounds)

Praetorian-extreme effort (6 rounds)

Rounds:

10 reps-kettlebell swings scaled (20-30-40-50lb kettlebells)

10 reps-deadlifts scaled 95, 135, 185lbs

5-10 pullups

- Praetorian add 20-40 lbs weight vest

After workout: 2-mile run OR 10 40-meter sprints



The III Gallica Legion was founded in 49 BC by Julius Caesar.

Battle Honors include:

Corbulo's 1st Armenian Campaign, AD 58-60

Corbulo's 2nd Armenian Campaign, AD 62

1st Jewish Revolt, AD 66-67

Defeat of the Roxolani Sarmatians, AD 68

2nd Battle of Bedriacum, AD 69

The Battle of Cremona, AD 69

The Battle of Rome, AD 69

2nd Jewish Revolt, AD 132-135

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