

THE LEGIONARY TRAINING

LEGIO — 5-day plan, the discipline that conquered the world

Mark an X on each day you complete the exercise.

DAY 1 — CHEST · THE SHIELD PUSH

The legionary trained against the palus, a wooden post, repeating strikes and pushes hour after hour. In battle, the shield (scutum) advanced by pushing the enemy back. Chest, triceps, anterior delts: the engine of the testudo.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parallel bar dips	2-3 x 8-12							
Dumbbell flies	2-3 x 8-12							
Archer push-ups	2-3 x Failure							
Ab wheel	— x Failure							

DAY 2 — ABS · THE CORE OF THE MARCH

Carrying the sarcina (25-30 kg of gear) over 30 km days demanded a core that wouldn't yield under any circumstance. Without an iron core, the march broke the soldier before the enemy did.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Front plank	3 x 45-60s							
Side plank (each side)	3 x 30s							
Lying leg raises	3 x 12-15							
Crunches with legs elevated	3 x 15-20							
Ab wheel	3 x Failure							
Mountain climbers	3 x 30s							

DAY 3 — LEGS · THE ROMAN ROAD

The legions built and marched over 80,000 km of roads. Constant, loaded steps over days turned the Roman leg into the engine that held up the Empire.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bulgarian split squat with dumbbells (each leg)	2-3 x 10-15							
Squats	2-3 x 10-15							
Glute bridge	2-3 x 10-15							
The soldier (deep squat walk)	Opt. x Failure							
Calf raises	2-3 x 10-15							

DAY 4 — BACK & SHOULDERS · THE RAISED SHIELD

Holding the scutum in testudo formation, scaling enemy walls and throwing the pilum demanded lats and delts that wouldn't fail under sustained load.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bent-over lateral raises	2-3 x 8-12							
Lateral raises	2-3 x 8-12							
Wide-grip pull-ups	2-3 x 8-12							
Close-grip pull-ups	2-3 x 8-12							
Ab wheel	— x Failure							

DAY 5 — REST · THE CAMP (CASTR)

REST — The camp (Castr). Without recovery there is no legion.

DAY 6 OR 7 — ARMS · THE GLADIUS

When the formation broke, combat was decided hand-to-hand with the gladius, a short sword that demanded explosive arm strength and a grip that wouldn't fail.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Concentration curl	2-3 x 8-12							
Hammer curl	2-3 x 8-12							
Close-grip pull-ups	2-3 x 8-12							
Overhead triceps extension	2-3 x 8-12							
Diamond push-ups	2-3 x 8-12							
Triceps kickback (with band)	2-3 x 8-12							

Tip: rest at least 48 hours between sessions for the same muscle group. Clean technique matters more than the number of reps.