

PUGLAR PHYSICAL DOCTRINE — WORKOUTS & FLOWS

Durability • Flow • Long Service

I. PURPOSE

These workouts are not fitness programs. They are daily duties designed to preserve usefulness over decades. They prioritize tendon integrity, calm under load, and recoverability.

II. THE THREE STATES (RECAPPED)

- 1 GROUND — rolling, kneeling, transitions; builds joint integrity and recovery.
- 2 STANDING — walking, hinging, carrying; preserves the spine under work.
- 3 SUSPENSION — hangs, rings, webs; tests truth of strength and tendons.

III. DAILY BASELINE (NO TIMERS)

- 1 Ground contact (5–10 min): rolls, kneel-to-stand, slow crawls.
- 2 Walk the land: uneven terrain preferred.
- 3 One load OR one hang: controlled, no drops.
- 4 Quiet recovery: stretch, breath, walk.

IV. FLOW DRILLS (TRANSITION-FOCUSED)

- 1 Ground → Kneel → Stand (continuous, no pause).
- 2 Stand → Hinge → Ground (reverse calmly).
- 3 Hang → Partial descent → Release (no jumping).

V. LOAD WORK (SANDBAG / DIRT BAG / CARRY)

Load is carried, not conquered. Setting down is slower than lifting. Stop early if breath or joints degrade.

VI. ENDURANCE CONDITIONS

Cold, heat, hunger, or smoke are conditions—not goals. Endurance is the ability to continue tomorrow with clarity.

VII. FAILURE CONDITIONS

- 1 Frantic breathing
- 2 Sharp joint pain
- 3 Aggressive movement
- 4 Ego-driven pace

VIII. LONG SERVICE LAW

Train to move well at 60, carefully at 70, and to teach by example at 80. Anything preventing this is rejected.