

PUGLAR IRON CROSS — 5-YEAR ROADMAP

Tendon-First • Long Service • No Rush

YEAR 0–1 — FOUNDATION

- Scapular hangs
- Support holds
- Ring/paracord stability
- Shoulder mobility daily

“Build joints before ambition.”

YEAR 1–2 — WIDE STRENGTH

- Assisted cross leans
- 45–60° holds
- Slow eccentrics
- 2–3x/week

“Angles before depth.”

YEAR 2–3 — TENDON HARDENING

- Longer eccentrics
- Reduced foot assist
- Static wide holds

“Time under tension tells truth.”

YEAR 3–4 — CROSS PROXIMITY

- Near-horizontal negatives
- Micro-holds (1–2s)
- Rare attempts

“Restraint preserves gains.”

YEAR 4–5 — VERIFICATION

- Full cross 2–3s
- No training to impress
- Low volume

“Arrive quietly.”

FREQUENCY LAW

- 2–3 sessions/week
- Rest days sacred
- Deload yearly

“Tendons need seasons.”

SEASONAL LAW

- Winter: reduce load
- Summer: hydrate, shorten
- Rain: grip caution

“Obey season.”

FAILURE SIGNALS

- Elbow pain
- Shoulder pinch
- Aggression

“Stop early, stay years.”