

# 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.