

## THE NEWSLETTER OF PROFESSIONAL FITNESS

APRIL 2025

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### SPRING HAS SPRUNG!!!

I am SUPER excited! For the past two weeks I have been able to workout OUTSIDE! The trees are budding and pretty soon the flowers will be blooming. So, we need to start thinking of and planning out our workouts for the season.

I've started out by hitting the Sandbag Calisthenic Workout, which you can find on the website, and knocking the barnacles off of this old hull. I do have to tell you though, I am sore, but it is a welcome soreness that tells me that I have a job to do and that there is more work to be done.

So, if you're like me, then welcome the opening of this season and get yourself out there! There are trails to hike, hills to climb, weights to lift, laps to swim, and tracks to run! I hope to see you out there! Enjoy!!!

**Michael Sahno**  
Owner of Sea & Land Fitness

## SPORTS SCIENCE DEFINITIONS

### TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

#### EXERCISE PHYSIOLOGY PHOSPHAGEN SYSTEM

The Phosphagen System is one of three Metabolic Systems that power the cells and muscles in your body. It is an instant and simple energy system that is used by the body for quick (less than 10-15 seconds) actions at high intensity.

The main components used to power this system are Adenosine Triphosphate (ATP) and Creatine Phosphate (CP). Phosphates are a group of high-energy molecules that can be used by the body's cells to power all of their required functions.

They do this by transferring Phosphates back and forth between ATP and a used form of ATP that has one less Phosphate called Adenosine Diphosphate (ADP).

ADP is changed back into ATP using CP which shuttles the Phosphate it was carrying and gives it away to an ADP molecule, transforming it back into ATP.

#### PERFORMANCE PSYCHOLOGY

#### CONFIDENCE

Confidence is the belief that you have the necessary skill set required to successfully handle all of the functions and tasks in your sport or profession.

Confidence, most often, comes from two primary places, Experience and Success.

Experience is the historical total of all times that you have engaged in a particular function and task and the outcomes of those attempts. The results of these attempts can be both positive (success) and negative (failure) and create a mental library of how to and how not to go about an individual task.

Success can also influence confidence, in that successfully completing sport or profession related tasks build upon themselves to create a mental catalog that allows the person to be confident that "this has been done before" and can be successfully done again.

#### SPORTS NUTRITION

#### OMEGA-3

Omega-3 is a Polyunsaturated Fatty Acid (PUFA) that your body requires for Brain, Joint, Eye, Skin, and Metabolic Health, as well as for Proper Immune Function. It is widely available in nature and can be found in cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines, but not in fish with a lower fat content (bass, tilapia, cod, and shellfish).

Based on clinical and academic research that includes numerous reviews and analysis, there appear to be a number of health benefits associated with having enough Omega-3 in your diet.

Some of them include a lower risk of heart failure and coronary disease, prevention of a number of cancers, Alzheimer's disease and dementia prevention, as well as in the maintenance of cognitive function. It has also been shown to lower an individual's risk of depression.

# MONTHLY EXERCISE BREAKDOWN



## BENCH-ASSISTED DIPS

For this exercise you will need a DIP BAR and a BENCH.

The BENCH will be behind you approximately one-half leg-length away. To begin this exercise, GRAB THE DIP BAR WITH BOTH HANDS (ONE ON EACH SIDE) AND RAISE YOURSELF UP BY STRAIGHTENING YOUR ARMS, WHILE AT THE SAME TIME PLACING BOTH OF YOUR TOES ON THE BENCH.

Your TOES on the BENCH will carry some of the weight of your body. This allows your UPPER BODY to do the work that it needs to do until your UPPER BODY MUSCLE STRENGTH increases. This is the TOP POSITION.

From this position, BEND YOUR ELBOWS and lower your TORSO, HIPS, and KNEES straight down until your TRICEPS ARE PARALLEL WITH THE GROUND, keeping your toes firmly on the bench behind you. This is the BOTTOM POSITION.

Once here, now STRAIGHTEN YOUR ELBOWS and lift your TORSO, HIPS, and KNEES back up to the TOP POSITION keeping your toes firmly on the bench behind you, using your legs to assist with the lift if needed.

This is ONE REPETITION of this exercise.

It is important to remember to keep your CHEST OUT, your SHOULDERS BACK, and your ELBOWS KEPT IN TOWARD YOUR SIDES.

Also, remember that your legs during this exercise should be used as dead weight as much as possible and that you should only use your leg muscles to ASSIST the UPPER BODY with this exercise.

## INSIGHTS INTO SPORTS SCIENCE

### EAT A TUNA FISH SANDWICH!

BY MICHAEL SAHND,  
MS APK, TSAC-F

I LOVE to eat fish. I live for it. Not just because of the healthy qualities that fish bring to the table, but because I LOVE everything about it. The taste, which if you've had a good piece of salmon, then you know exactly what I'm talking about. The different ways that you can prepare it, on a sandwich, in a bowl with rice, or lightly breaded and oven-fried. I also love the way that I feel afterward. I feel like I'm full and my body feels satisfied. Like it's good and it doesn't need anything else. Rarely have I felt that way after eating something.

This brings me to the "Old Reliable". The tuna fish sandwich. One of the greatest concoctions ever conceived on this big blue marble. Two slices of bread. One can of tuna. Some mayo to hold it all together. And whatever spices you desire to bring your sandwich to life (I'm partial to Dijon mustard, garlic powder, and salt and pepper). How is it that something so simple can be such a nutrient bomb, ready to bring you everything that you need to get you through your day?

It all comes from the fish. More specifically, from the fats in the fish. The Omega 3's.

Now, Omega 3's. What are they? We've all heard about them in the news, on social media, and on the internet, but why does everyone keep telling you that you need them? Why are they SO important?

Well, according to WebMD's article, *Health Benefits of Tuna*, "The high levels of omega-3 fatty acids in tuna fish may help to reduce the level of omega-6 fatty acids and LDL cholesterol that can accumulate inside the arteries of the heart." They also go on to say, "Studies have shown that eating more omega-3 is associated with reduced rates of cardiovascular disease, including heart attacks."

It doesn't stop there though, because they go on to say that, "Tuna is an excellent source of vitamin B12, an essential vitamin needed to make DNA. Vitamin B12 also helps you to form new red blood cells and prevent the development of anemia."

Tuna is also an excellent source of Vitamin D and B6, Iron, Potassium, Selenium, and Iodine, and has been shown to prevent vision problems, reduce your risk of cancer and to help support weight loss.

It is for all of these reasons that I try to eat a tuna sandwich at least twice a week. I love them and I think you should too. Go on, go make one now. You'll thank me for it later. Enjoy!

# HONEYBADGER SPOTLIGHT



## MICHAEL SAHNO, MS-APK/TSAC-F

**Michael Sahno** started **Sea & Land Fitness** in 2021 while attending The University of Florida's Applied Physiology & Kinesiology Program (APK), where he subsequently received his Master of Science and worked to receive his certification as a Tactical Strength and Conditioning Facilitator with the National Strength and Conditioning Association (NSCA). He served in both the Navy as a Submariner and in the Army as an Infantryman and uses his military and academic experience to develop effective, science-based fitness, nutrition, and sports psychology programs for people hoping to enter or who are currently working in the Military, Law Enforcement, Fire Services, or the Manual Trades (Oil & Gas/Maritime/Construction/Agriculture).

### WHERE DID YOU GET THE IDEA FOR SEA & LAND FITNESS?

Originally, Sea & Land Fitness was an idea that came from a Joe Rogan Podcast with Tim Kennedy where they were talking about how difficult it was to get kids into the military. They were talking about how recruiters were having trouble with getting potential recruits to be able to pass the fitness test, or that a number of them were overweight and they couldn't pass the body standards. The numbers to me were shocking. I think it was like 70 or 80%. I happened to be at the University of Florida at the time and I asked around the department and it seemed, based on the research that I looked into and the calls to different military commands that I made, that no one had an answer to this problem, as well as no effective programs or plans to address it. So I decided that it would be my job. That I'd try to figure out an effective way to solve this issue. That's where Sea & Land Fitness was born.

### WHAT ARE SOME OF THE THINGS THAT YOU DO WITH SEA & LAND FITNESS?

In a perfect world, me and an army of sports scientists would spend every day fielding calls from recruiters from across the country and prescribing specific fitness, nutrition, and sports psychology programs, but that would be a monumental and unachievable task. Instead, what I have started to do is take the information that I have in my head and give it in a knowledge transfer, through my website, to those who need it in order to achieve the goals that they have set for themselves.

There they can find the level of program that they need and apply it toward their goal of becoming or being a better soldier, sailor, airman, or marine. Or, they can find a program that helps them become more physically capable at their job on a tugboat, or on a offshore drill rig, or out in the wilderness as a Park Ranger.

*(interview continues on next page)*

**DO YOU KNOW SOMEONE THAT SHOULD BE FEATURED IN THE HONEYBADGER SPOTLIGHT? SOMEONE YOU SEE AND WHO YOU THINK SHOULD BE SEEN AS AN EXAMPLE TO OTHERS?**  
**IF SO, THEN REACH OUT TO US AT [INFO@SANDLFIT.COM](mailto:INFO@SANDLFIT.COM)**

# HONEYBADGER SPOTLIGHT



## **MICHAEL SAHN, MS-APK/TSAC-F [CONT.]**

### **WHAT DO YOU HOPE TO SEE WITH THE CREATION OF PROFESSIONAL FITNESS AS A FITNESS/HEALTH CATEGORY?**

·This new category really excites me because, for too long, this country's workers have suffered from pain and injuries. Pain and injuries that I believe could have and can be prevented with effective fitness and nutrition programs that could keep them at peak performance levels.

We talk about the military and cops and firefighters being heroes, but in my opinion, these men and women are heroes. They get up every day and go to some job site, or board some boat, or drive out into the harshest conditions in the middle of nowhere and do their work. Not for a four year stint or for 20 years and then they retire. They do these jobs for almost their entire lives, and they have the aches, pains, broken bones, and scars to prove it.

We owe them our full attention and my creation of Professional Fitness is my commitment to what they've done for us. We owe them that.

### **WHAT WOULD BE YOUR HOPE FOR SEA & LAND FITNESS IN THE FUTURE?**

What I envision for the future of Sea & Land Fitness is for it to be a one-stop-shop for everything Professional Fitness. One of the plans that we have is to have a facility to the west of Jacksonville, FL where we can have a digital studio where we produce this newsletter, and the Sea & Land Fitness Podcast, but, in the future, a full magazine with articles on nutrition, fitness, gear, everything.

We would also like to have a state-of-the-art fitness facility where we could engage in research with my colleagues at the University of Florida, which is just down the road for Jacksonville. A facility where we could film and expand our Video Exercise Library, as well as collaborate with others in our field, and people and organizations that we hope to help.

I cannot forget about the Sea & Land Fitness gear though, which I am hoping will branch out this year into a line of graphic t-shirts and sweatshirts that will give its wearer a sense of pride and confidence as a member of the "HoneyBadger" community.

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# REMEMBERING GREATNESS



## MATEJ KODCAK

Rank: *Sergeant*

Conflict/Era: *World War I*

Unit/Command: *66th Company, 5<sup>th</sup> Regiment, 2D Division*

Military Service Branch: *U.S. Marine Corps*

Medal of Honor Action Date: *July 18th, 1918*

Medal of Honor Action Place: *Soissons, France*



### MEDAL OF HONOR CITATION SERGEANT MATEJ KODCAK UNITED STATES MARINE CORPS

[Received both the Army and Navy Medal of Honor for the same deed.]

**Army Medal of Honor:** When the advance of his battalion was checked by a hidden machine-gun nest, he went forward alone, unprotected by covering fire from his own men, and worked in between the German positions in the face of fire from enemy covering detachments. Locating the machine-gun nest, he rushed it and with his bayonet and drove off the crew. Shortly after this he organized 25 French colonial soldiers who had become separated from their company and led them in attacking another machine-gun nest, which was also put out of action.

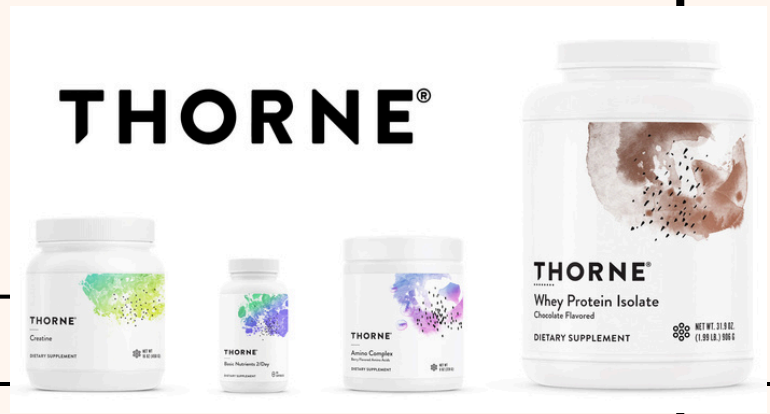
**Navy Medal of Honor:** For extraordinary heroism while serving with the 66th Company, 5th Regiment, 2d Division, in action in the Viller-Cottertes section, south of Soissons, France, 18 July 1918. When a hidden machine-gun nest halted the advance of his battalion, Sgt. Kocak went forward alone unprotected by covering fire and worked his way in between the German positions in the face of heavy enemy fire. Rushing the enemy position with his bayonet, he drove off the crew. Later the same day, Sgt. Kocak organized French colonial soldiers who had become separated from their company and led them in an attack on another machine-gun nest which was also put out of action.

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