

THE PROFESSIONAL TACTICAL FITNESS NEWSLETTER

AUGUST 2025

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IT'S DONE, IT'S LATE, BUT IT'S BETTER!

Hey, everyone! Sorry that this one is so late getting out there. I have been so SUPER busy doing administrative stuff, that I slacked off a little bit. Oh, yeah. I've also been nursing a Psoas Muscle strain, not fun, but don't you worry! I have got this one in the can and it is out the door, ready for you to consume.

This month I've decided to expand my article from half-a-page to a full page. Let me know how you think it turned out. Also, we've been working on a little bit of marketing for the website, so head on over there and check it out! Tell us what you think. ENJOY!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

TWITCH

A Twitch is the name used to describe the initial contraction (tightening) of a muscle fiber as it responds to an electrical signal sent by your brain through your nervous system to a specific muscle in order to get it to move. On it's own, a single Twitch DOES NOT have the power or energy to cause the muscle to fully contract (tighten). That is why a number of repetitive electrical signals are sent through the nervous system, one after another to the targeted muscle. When these signals build, again, one after the other, the muscle repetitively Twitches (or contracts) so fast that it doesn't have a chance to relax in between the muscle's contractions. These sustained muscle contractions are referred to as Tetanus and are needed to create the muscular force for your body's everyday movements and activities.

PERFORMANCE PSYCHOLOGY

VISUALIZATION

Visualization, also known as Imagery or Mental Rehearsal is the process of creating a picture or event in your mind and adding color and depth to the idea by filling it with what you would experience from all of your senses (seeing, feeling, hearing, taste, and smell). The purpose of doing this is to create a vivid and rehearse-able scenario that would allow you to successfully perform an action or a skill, or it could be used to achieve a goal.

This technique, often used to enhance athletic performance, has been successfully shown to improve confidence, reduce anxiety, and refine skills and abilities.

An individual using this technique may visualize in the First-Person (meaning they are experiencing the action), or in the Third-Person (meaning that they are watching themselves perform as someone else).

SPORTS NUTRITION

HYDRATION

Hydration is the process of getting water or fluids into the body so it can physically function. Your body's cells must be Hydrated because water is crucial for their structure, function, and survival. Adequate Hydration ensures proper cell volume (size), helps with nutrient transport all throughout your body, helps with waste removal from your body's cells, it helps to support the body's biochemical reactions, and helps maintain overall cellular health and function.

An athlete must stay Hydrated (maintain fluid levels) in order to train and compete at the top levels of their chosen sport. A lack of Hydration (Dehydration) can lead to fatigue, muscle cramps, heatstroke, and a number of other serious health issues. Because of this, it is important, as an athlete, to ensure and prioritize hydration for your best performance and to prevent negative consequences.

MONTHLY EXERCISE BREAKDOWN



BARBELL BACK SQUAT

To begin the exercise, have a BARBELL placed on a WEIGHT RACK AT SHOULDER HEIGHT.

STEP FORWARD TOWARD THE BARBELL AND GRAB IT IN A WIDE WIDTH THAT ALLOWS YOU TO DIP YOUR HEAD UNDERNEATH IT AND TO RAISE YOUR HEAD ON THE OTHER SIDE OF IT, RESTING THE CENTER OF THE BARBELL ON YOUR TRAPS (THE MUSCLES ON YOUR BACK BETWEEN YOUR SHOULDERS AND YOUR NECK) OR ON THE UPPER PART OF THE BACK OF YOUR SHOULDER MUSCLES.

WITH YOUR SHOULDERS IN LINE OVER YOUR KNEES AND YOUR KNEES IN LINE OVER YOUR TOES AND WITH YOUR FEET APPROXIMATELY SHOULDER-WIDTH APART, LIFT THE BARBELL UP AND FORWARD INTO THE WEIGHT RACK, NOT STRAIGHT UP.

DO THIS BY PUSHING UPWARD WITH YOUR LEGS AND STRAIGHTENING YOUR KNEES TO FULL EXTENSION.

This places the initial weight of the BARBELL on the WEIGHT RACK and NOT DIRECTLY ONTO YOUR BACK.

Once the BARBELL IS UP and your legs are FULLY EXTENDED, TAKE THE SMALL STEP FORWARD AND SUPPORT THE BARBELL'S WEIGHT WITH YOUR SPINE BY FULLY GETTING UNDER THE BAR.

Once you feel comfortable with the BARBELL'S weight, CAREFULLY TAKE ONE STEP BACKWARD, so as to give yourself enough room to complete the exercise and ENSURE THAT YOUR STANCE IS STABLE AND THAT YOUR FEET ARE SHOULDER-WIDTH APART. This is the STARTING POSITION.

From here, LOWER THE BARBELL BY BENDING YOUR KNEES UNTIL YOUR BODY IS IN A SQUATTING POSITION, PLACING THE WEIGHT OF THE LOAD INTO THE HEELS OF YOUR FEET.

KEEP YOUR CHEST UP, YOUR SHOULDERS BACK, AND YOUR FACE FORWARD WITH YOUR CHIN UP AS YOU LOWER TO THE GROUND.

SHOULDERS, OVER KNEES, OVER TOES IS THE MOST IMPORTANT PRINCIPAL OF THIS EXERCISE AND TO PROPERLY EXECUTE THIS EXERCISE SAFELY, YOU MUST FOLLOW THIS PRINCIPAL AT ALL TIMES.

YOUR SHOULDERS SHOULD NOT DRIFT FORWARD OF YOU KNEES, NOR SHOULD THE WEIGHT OF THE BARBELL DRIFT BACKWARD OR BEHIND YOU.

If this happens, then, most likely, YOU ARE ATTEMPTING THE LIFT WITH TOO MUCH WEIGHT ON THE BARBELL.

Once you are in a FULL SQUAT, you are now in the BOTTOM POSITION.

From here, PUSH UPWARD THROUGH THE HEELS OF YOUR FEET AND EXTEND YOUR LEGS BY STRAIGHTENING YOUR KNEES.

AGAIN, REMEMBER THE PRINCIPAL OF SHOULDERS, OVER KNEES, OVER TOES.

THIS BALANCE MUST BE MAINTAINED THE SAME ON THE WAY UP AS IT IS ON THE WAY DOWN WITH YOUR CHEST UP, YOUR SHOULDERS BACK, AND YOUR FACE FORWARD WITH YOUR CHIN UP.

ONCE YOUR LEGS ARE FULLY STRAIGHTENED YOU ARE NOW BACK IN THE STARTING POSITION.

This is ONE REPETITION of this exercise.

INSIGHTS INTO SPORTS SCIENCE

DON'T BELIEVE EVERYTHING YOU READ (INCLUDING THIS)

BY MICHAEL SAHND,
MS APK, TSAC-F

I just recently finished reading *Science Fictions*, by author Stuart J. Ritchie, Ph.D., a Scottish psychologist from the Institute of Psychiatry, Psychology and Neuroscience at King's College London. In this wonderful book he clearly outlines and exposes some of the fraud, bias, negligence, and hype that has seeped its way into our scientific research, as well as into the international academic university system, as a whole. While alarming, the book serves as an effective guide for picking out the flaws that we see in all of the scientific news that we are bombarded with in our feeds and in our media (news, social media, YouTube, etc.).

Because of this, I have been looking back at a subject of research that has become a cornerstone of, what I call, the social medical community, to see if it holds up to scrutiny. Why? Because this is information that has most likely been mentioned to you by a doctor or a close friend or family member, and because it has popped up in one of my conversations recently as I ate a chocolate chip granola bar before my half-mile swim. Interestingly, after a quick review of the research, it didn't hold up to scrutiny.

Does this mean that this advice and this research's conclusions aren't true? Not exactly. What it does mean is that the assumptions that have been made and the advice that has been given because of it, DOES NOT have the scientific data to back it up. We are literally taking this advice because some scientist, or group of scientists, believed in it SO much that they unscientifically allowed, through fraud, bias, negligence, or hype, for their elicited findings to become standard practice.

I find this so extremely interesting because it is actually a real thing. It is Hypoglycemia. Hypoglycemia is a medical condition. This condition occurs when your blood sugar level is lower than what is referred to as the standard range (in between too much blood sugar or too little blood sugar - 70 mg/dL to 140 mg/dL).

Being your body's main source of energy, Glucose is very important and the human body is extremely efficient at ensuring that your muscles and your brain have the required energy that they need. Because of this the body has stores of Glucose stashed throughout your body. Not only is it in your bloodstream, but it is also found in your Liver and in ALL of your Muscles.

Why then, are we having this remedial Biology lesson? Because, more often than not, Hypoglycemia is something that we see in relation to treatment for diabetes. Outside of that, you have a "0.0036%" chance for someone to have non-Diabetes related Hypoglycemia, according to an article from July 17, 2023 by Fahad W. Ahmed; Muhammad S. Majeed; Omar Kirresh, titled *Non-Diabetic Hypoglycemia*, which can be found in the National Institute of Health, National Library of Medicine research article website. That means that 36 out of 10000 people have this condition. And, if they do have Hypoglycemia it is usually associated with a severe medical condition, like Alcoholism, Liver Failure, Kidney Failure, Primary Adrenal Gland Failure, Cerebral Malaria, Anterior Pituitary Gland Failure, Drug-Induced Hypoglycemia (meaning a medication that you took caused it), Infections, and a whole other host of horrible medical conditions that you wouldn't wish on your worst enemy.

Why then do we have perfectly healthy people, people who are not Diabetic, nor do they have any condition that leads to or relates to Hypoglycemia, running out to get Glucose Monitors and jab them into the back of their arms? Marketing and Hype. They are being sold the idea that by monitoring their Glucose levels continuously, that they will be able to "track their glucose concentrations in order to promote healthy habits such as increased activity, changes in nutrition, and sleep habits", as purported in the article, *"Use of Continuous Glucose Monitors by People Without Diabetes: An Idea Whose Time Has Come?"*, by David C. Klonoff; Kevin T. Nguyen; Nicole Y. Xu; Alberto Gutierrez; Juan C. Espinoza; and Alaina P. Vidmar.

The problem that I see with all of this, is that it disregards the inherent and required fluctuations that exist within our biology. Each one of us is a complex organic system, and according to nutritionist Sarah Berry, a professor of nutrition at King's College, "These peaks and troughs are the normal physiological response to consuming carbohydrates, in people without diabetes", "We do not need to flatten these curves". This is why I have an issue with normal, healthy people using Continuous Glucose Monitors (CGMs) to guide your general health. If you do not have Diabetes, or any other medical issue that could or did lead to Hypoglycemia, then I feel that there is no reason to be using this product.

If you are generally healthy, then let your body do what it was meant to do. As we have all done throughout the decades and millennia that we as humans have walked this Earth. Let all of your systems rise and fall as you go through the day. You don't need a device to tell you when to eat. Just eat when you are hungry. I would suggest that it be a wholesome and healthy meal that hits all of the macro and micro nutrients, and that it is loaded with vitamins and minerals. Enjoy!

REMEMBERING GREATNESS



JAKE ALEX

Also Known As: *Mandushich, Angeliko Alex*

Rank: *Corporal*

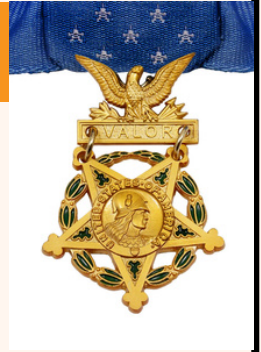
Conflict/Era: *World War I*

Unit/Command: *Company H, 131st Infantry, 33d Division*

Military Service Branch: *U.S. Army*

Medal of Honor Action Date: *August 9, 1918*

Medal of Honor Action Place: *Chipilly Ridge, France*



MEDAL OF HONOR CITATION

JAKE ALEX

UNITED STATES ARMY

At a critical point in the action, when all the officers of his platoon had become casualties, Cpl. Alex took command of the platoon and led it forward until the advance was stopped by fire from a machine-gun nest. He then advanced alone for about 30 yards in the face of intense fire and attacked the nest. With his bayonet he killed five of the enemy, and when it was broken, used the butt of his rifle, capturing 15 prisoners.

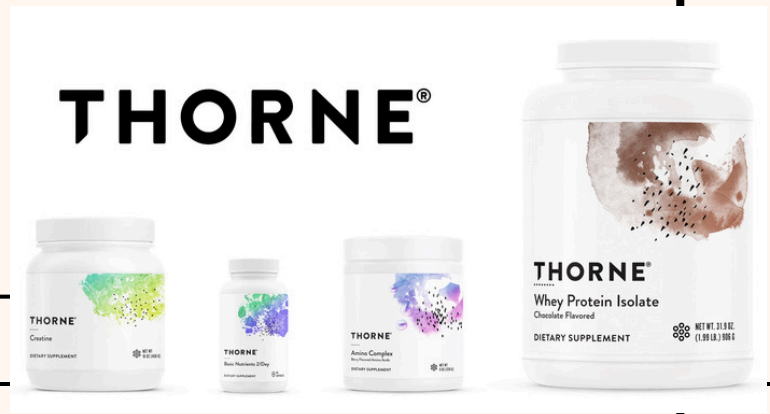
Jake Alex was born Angelko Alex Mandushich in Serbia. "Jecco" is a nickname for Angeliko, which became "Jake" in the U.S. It is unknown why he dropped Mandushich when he enlisted in the U.S. Army.

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