



ENJOY YOUR SUMMER TO THE FULLEST!!!

What is going on folks? I hope that everyone's summer is going well and that you are all **GETTING OUTSIDE and MOVING!!!** Take those vacations and get yourselves up on mountains, out on trails, or into a lake or the ocean!

The most important thing is that you enjoy yourself and have fun with your friends, your family, or both. Leave your troubles behind. Enjoy some bad behavior. Let loose and be the person that you imagine yourself to be when you're daydreaming in the office. Reduce your stress level and live a full life with no regrets. Your body will thank you in the end. From myself and everyone here at Sea & Land Fitness, **HAVE A GREAT SUMMER!!!**

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

INNERVATION

Innervation, in exercise science, refers to the attachment and connection of Nerves to a Muscle or Organ, allowing communication and control by and with the nervous system (brain, spinal cord, nerves).

The Skeletal Muscles in your body are Innervated by what are called Motor Neurons from your Central Nervous System (CNS). These Motor Neurons transmit electrical signals to your muscle fibers through Synapses (a junction where nerve impulses are transmitted from one neuron to another) called Neuromuscular Junctions (NMJs).

When these Motor Neurons transmit an electrical signal to the NMJ, this triggers the release of a Neurotransmitter (a chemical that is released at the end of a nerve fiber by the arrival of a nerve impulse), which then activates the muscle fibers and causes your muscle to contract.

PERFORMANCE PSYCHOLOGY

SKILL

A Skill is a learned ability to perform a task with consistently high levels of effectiveness and efficiency. Skills are developed through Practice and Experience, allowing athletes to achieve a predetermined goal.

Skills involve a combination of Cognitive (Mental), Perceptual (The Senses), and Motor (Physical) abilities to execute movements effectively while also being able to adapt to the demands of the needs and requirements of the sport environment.

Skills are Learned and Developed (you are not born with them), Goal-Oriented (they must have a directed purpose), Effective and Efficient (they must have a specific use and NOT take away from your goal), Adaptable (they must allow you to overcome obstacles or changes), and Integrated (they must be practiced to the point that they occur naturally).

SPORTS NUTRITION

AMINO ACID

Amino Acids are the building blocks of Protein. Proteins are long chains of Amino Acids. An Amino Acid is a molecule that has both an Amine Group and a Carboxylic Acid Group, with a Unique Side Chain attached to a Central Carbon Atom. There are 20 common Amino Acids that are essential for various biological functions. These 20 Amino Acids combine in different ways to make all of the proteins in your body.

Amino Acids can be further broken down into Essential Amino Acids (9 of the Amino Acids that you need that cannot be made inside of your body and must come from your diet) and Non-Essential Amino Acids (Amino Acids that your body produces naturally). The best source of Amino Acids are found in animal proteins such as beef, poultry and eggs and are the most easily absorbed and used by your body.

MONTHLY EXERCISE BREAKDOWN



MILITARY PRESS

This exercise can be done by either **LIFTING THE BARBELL FROM THE WEIGHT RACK** at **SHOULDER HEIGHT** or by **DEADLIFTING IT TO YOUR THIGHS** and then **PULLING IT UP INTO THE CLEAN POSITION**.

The **CLEAN POSITION** is when you have the **BARBELL RESTING ON YOUR SHOULDERS, BELOW YOUR CHIN**.

YOUR HAND POSITION ON THE BARBELL DURING THIS EXERCISE SHOULD BE JUST OUTSIDE OF YOUR SHOULDERS.

If you are lifting the **BARBELL** off of the **WEIGHT RACK**, **CAREFULLY TAKE ONE STEP BACKWARD**, so as to give yourself enough room to complete the exercise.

Once the barbell is on your shoulders, you are ready to begin.

This is the **STARTING POSITION**.

From here, **STRAIGHTEN YOUR ELBOWS** as you **PRESS THE BARBELL IN AN UPWARD DIRECTION**, pushing it above your head.

Initially, your head will move **SLIGHTLY TO THE REAR** allowing the **BARBELL TO PASS YOUR FACE**.

As your **FACE CLEARS THE BARBELL** on its way up, you will then **BRING YOUR HEAD SLIGHTLY FORWARD** and **YOUR SHOULDERS SLIGHTLY TO THE REAR** to bring your **ARMS AND SPINE INTO ALIGNMENT** AS THE **BARBELL RESTS OVERHEAD**.

This is the **TOP POSITION**.

To complete the exercise, simply **BRING THE BARBELL BACK DOWN** by **BENDING YOUR ELBOWS** AND **LOWERING IT BACK INTO THE CLEAN POSITION**.

This is **ONE REPETITION** of this exercise.

IMPORTANT: ALWAYS ENSURE THAT YOU HAVE CLEARANCE ABOVE YOUR HEAD and that you **WILL NOT SLAM THE BARBELL INTO ANYTHING OVERHEAD**.

INSIGHTS INTO SPORTS SCIENCE

WE SHOULD ALL GET HUMBLLED A BIT

BY MICHAEL SAHND,
MS APK, TSAC-F

I got humbled. I thought that I was in shape, but knew that I needed to push a little harder and add to my training regimen, so that I could lose some of the nagging extra weight that I was carrying. To do this, I upped my training regimen and added a lot of active movement to my workout. Ruck marches with weight, sprints, knee raises to enhance hip mobility, a ton of stuff all packed into a week. A long, damn week.

While training I would up watching a video on YouTube. DAMN YOU You Tube!!! The video in my feed was of an MMA fighter named Dakota Ditchcheva. She is a beast. Both in the ring and in the gym. What was most interesting was that most of her non-fighting training was very similar to my routine. So... I, apparently, train like an MMA champion! Whoa there, buddy. You might want to pump the brakes a bit. Regardless, I was stoked that I had an insight into training that had me on a similar training path.

What this video showed me though, was that there was a HUGE hole in MY training. You see, Dakota Ditchcheva, before she was an MMA champ, was a Muay Thai (Thai Kickboxing) champ. To me, that was what I was missing. I NEED to learn Muay Thai! To be sure, I went down the rabbit hole of rabbit holes on YouTube and consumed an unhealthy amount of Muay Thai content. Everything from fights, to documentaries, to reviews of the best equipment. (GOD, I want a pair of orange boxing gloves!) In the end I realized that I needed to join a Muay Thai gym and take a class. I needed to start the journey.

So, that's what I did. I went down (it is literally in a basement) and signed up. I have never been so nervous and anxious in my life. It took me a week to get myself to my first class. I think that I came up with every possible way to attempt to talk myself out of showing up. Ironically though, as these thoughts were pummeling my skull and trying their best to turn me around, my feet kept chugging along, taking me toward the direction of the gym.

Long story short, I got smoked. In the warm-up. I was NOT Dakota Ditchcheva. I was not in the shape that I thought that I was. But, you know what. I was happy. I smiled through the whole class. Like an idiot. Grinning from ear-to-ear. This is going to be my new thing. I needed to get out of my safe zone and go back to being a learner. a student. And, I recommend that you do the same. I think being humbled is a good thing. You should try it some time.

Enjoy!

REMEMBERING GREATNESS



PAUL RAY SMITH

Rank: *Sergeant First Class*

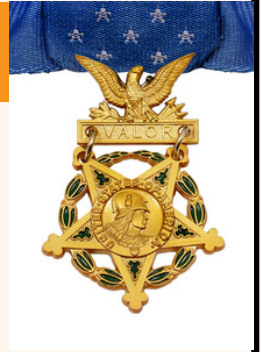
Conflict/Era: *War on Terrorism (Iraq)*

Unit/Command: *Company B, 11th Engineer Battalion, 3rd Infantry Division*

Military Service Branch: *U.S. Army*

Medal of Honor Action Date: *April 4th, 2003*

Medal of Honor Action Place: *Baghdad Airport, Baghdad, Iraq*



MEDAL OF HONOR CITATION

PAUL RAY SMITH

UNITED STATES ARMY

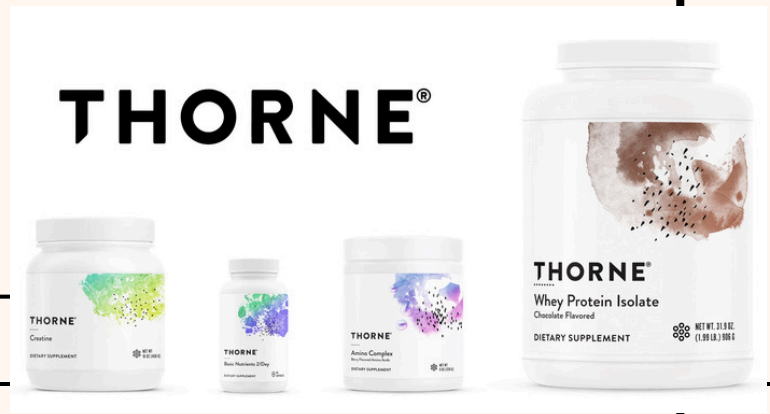
Sergeant First Class Paul R. Smith distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty in action with an armed enemy near Baghdad International Airport, Baghdad, Iraq on 4 April 2003. On that day, Sergeant First Class Smith was engaged in the construction of a prisoner of war holding area when his Task Force was violently attacked by a company-sized enemy force. Realizing the vulnerability of over 100 fellow soldiers, Sergeant First Class Smith quickly organized a hasty defense consisting of two platoons of soldiers, one Bradley Fighting Vehicle and three armored personnel carriers. As the fight developed, Sergeant First Class Smith braved hostile enemy fire to personally engage the enemy with hand grenades and anti-tank weapons, and organized the evacuation of three wounded soldiers from an armored personnel carrier struck by a rocket propelled grenade and a 60mm mortar round. Fearing the enemy would overrun their defenses, Sergeant First Class Smith moved under withering enemy fire to man a .50 caliber machine gun mounted on a damaged armored personnel carrier. In total disregard for his own life, he maintained his exposed position in order to engage the attacking enemy force. During this action, he was mortally wounded. His courageous actions helped defeat the enemy attack, and resulted in as many as 50 enemy soldiers killed, while allowing the safe withdrawal of numerous wounded soldiers. Sergeant First Class Smith's extraordinary heroism and uncommon valor are in keeping with the highest traditions of the military service and reflect great credit upon himself, the Third Infantry Division "Rock of the Marne," and the United States Army.

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