

THE PROFESSIONAL TACTICAL FITNESS NEWSLETTER

JUNE 2025

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MILITARY FITNESS PROGRAMS RELEASED

We have **FINALLY DONE IT!!!** We have released our **MILITARY BOOT CAMP PREP FITNESS PROGRAMS!** Right now we have **TIER 3**, which is for ARMY (NON-COMBAT), NAVY, AIR FORCE, and the COAST GUARD, and **TIER 2** is for ARMY INFANTRY AND COMBAT ARMS, and the MARINE CORPS. Each are available for a **ONE-TIME PRICE OF \$9.99!** (I Know. Totally cheesy sales pitch.)

This has been a labor of love for me and is the culmination of my military and academic career. Please, use these programs and share them with everyone that you know that is struggling with the military's Fitness and Body Weight Standards. **WE CAN HELP!** Enjoy!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY OXIDATIVE- PHOSPHOR- YLATION

Oxidative-Phosphorylation is one of the three Metabolic Systems that power the cells and muscles in your body. Also known as Aerobic Metabolism, this is an energy system that is used by the body for long, steady actions and movements at low intensity (jogging, walking, & swimming). This type of metabolism **USES OXYGEN** (which is why it is called Aerobic) during its process.

The main purpose of this Aerobic energy system is to create Adenosine Triphosphate (ATP). This process occurs in a microscopic area in all of your cells called the Mitochondria. Inside of the Mitochondria, a complex set of steps occur using what scientists call the Electron Transport Chain (ETC). The ETC shuffles and arranges molecules as they go through this process, with the end result being the production of ATP for use in powering your body's cells.

PERFORMANCE PSYCHOLOGY

RESILIENCE

Resilience is the ability to experience and overcome stress or adversity.

To do this, an individual must develop a certain level of what is generally referred to as Mental Toughness. This is often achieved by developing a strong set of Psychological Skills and Tools that can help a person constructively control their emotions, such as anxiety or frustration, and use them in a way that fuels their success.

Successfully developing these Psychological Skills and Tools will help a person recognize their thoughts and emotions in real-time, and during high-pressure situations, be able to cope with them, allowing them to adapt to the changing situation.

Being Resilient can also help a person be more able to rebound from negative results and events, due to their use of Coping Mechanisms and Strategies.

SPORTS NUTRITION

CREATINE

Creatine is an organic chemical compound that is naturally produced in the body from the Amino Acids Glycine, Arginine, and Methionine. It is also found in animal products like meat (beef, pork, chicken), dairy, and fish (salmon, tuna, cod).

Creatine is the primary chemical component of a molecule called Phosphocreatine, which is used in the process of regenerating Adenosine Triphosphate (ATP) within your body's cells. 95% of your body's total Creatine and Phosphocreatine is found in your Skeletal Muscle.

According to the FDA, Creatine is Generally Recognized to be Safe (GRAS) for use in food.

The International Society of Sports Nutritionists (ISSN) has also written extensively on Creatine, endorsing it as one of the two supplements that they regard as being well researched, safe and recommended for use.

MONTHLY EXERCISE BREAKDOWN



INCLINE BENCH PRESS

To do this exercise you will need an **INCLINED WEIGHTLIFTING BENCH** and a **BARBELL**.

To begin this exercise, first lie down on the bench with the **BARBELL DIRECTLY ABOVE YOUR SHOULDERS**.

ENSURE THAT THE BARBELL CAN BE REACHED WITH A SLIGHT BEND IN YOUR ELBOWS. THIS ENSURES THAT YOU ARE ABLE TO CLEANLY LIFT THE BARBELL UP AND OFF OF HOOKS THAT THE BARBELL IS RESTING ON.

Next, **PULL BOTH OF YOUR SHOULDERS TO THE REAR, AS IF YOU ARE PINCHING A QUARTER ON YOUR BACK WITH YOUR SHOULDER BLADES.**

THIS POSITION ENSURES THAT YOUR SHOULDERS ARE BRACED FOR THE WEIGHT OF THE BARBELL.

GRAB THE BARBELL WITH A CLOSED GRIP, IN A POSITION THAT ENSURES THAT YOUR WRISTS ARE IN A LINE DIRECTLY ABOVE YOUR ELBOWS.

THIS ENSURES A STEADY BASE FOR YOUR GRIP ON THE BARBELL AND REDUCES THE POSSIBILITY OF INJURY TO YOUR WRISTS AND SHOULDERS.

ONCE YOUR GRIP IS ESTABLISHED, PUSH UP ON THE BARBELL WITH YOUR HANDS AND EXTEND YOUR ELBOWS, WITH THE WEIGHT OF THE BARBELL RESTING ON THE MEATY PORTION OF THE BOTTOM OF YOUR PALMS, DIRECTLY ABOVE YOUR WRISTS, AND YOUR WRISTS DIRECTLY ABOVE YOUR ELBOWS.

WITH YOUR ARMS FULLY EXTENDED, SLIGHTLY MOVE AND ADJUST THE BAR SO THAT THE BARBELL IS SUSPENDED OVER YOUR CHEST.

This is the STARTING or TOP POSITION.

From this position, BEND YOUR ELBOWS AND LOWER THE BARBELL TO YOUR UPPER CHEST, KEEPING YOUR PALMS, DIRECTLY ABOVE YOUR WRISTS, AND YOUR WRISTS DIRECTLY ABOVE YOUR ELBOWS.

This is the BOTTOM POSITION.

From here, PUSHING YOUR HANDS UP AND INTO THE BARBELL THROUGH THE BOTTOM OF YOUR PALMS, WHILE ALSO KEEPING YOUR WRISTS AND ELBOWS IN LINE, BRING THE BARBELL BACK UP TO THE TOP POSITION BY STRAIGHTENING YOUR ELBOWS AND FULLY EXTENDING YOUR ARMS.

This is ONE REPETITION of this exercise.

INSIGHTS INTO SPORTS SCIENCE

WHY YOU SHOULD BE USING CREATINE

**BY MICHAEL SAHND,
MS APK, TSAC-F**

As a supplement, Creatine is one of the most popular and widely used ergogenic (intended to enhance physical performance, stamina, or recovery) nutritional aids on the market. But why? Do we actually know the reasons and benefits of taking it? To answer that question, let's look at the reasons for why people don't or won't take it.

Most people will tell you that they won't take Creatine because they are afraid of bulking up. They don't want to take something that, in their mind, is the same as taking anabolic steroids. This myth likely originated from a combination of factors, including the supposed similarity of their effects, the confusion caused by some athletes' inaccurate claims, and the historical association of creatine with the steroid abuse era in sports.

So, how do we parse facts from fiction? By giving a simplistic breakdown of what Creatine **ACTUALLY** does inside of the body. First, let's talk about the rate-limit or the bottleneck that exists with regard to the finite amount of available energy within a cell. Creatine sets that limit. Meaning, we only have a certain amount of Phosphocreatine, the chemical that shuttles phosphates to transform Adenosine Diphosphate (ADP) into Adenosine Triphosphate (ATP). Think of ATP as the gas that fuels our cells. Phosphocreatine, during the process of giving its phosphate to ADP to make ATP, "uses up" its Creatine component (it doesn't really, it's just that that specific Creatine isn't readily available). To solve this dilemma, scientists figured out that you can "flood" your cells with supplemental Creatine, giving you more energy so that you can last longer.

While I know that this is an incredibly simplified version of the story (calm down Sport Scientists), in a nutshell, this is why we take Creatine as a supplement. It doesn't directly make your muscles bigger. I just gives you the energy to crush it harder and for longer in the gym. Because of this, it gets a bad rap.

It also gets a bad rap due to the claims that Creatine causes water retention. And yes, using Creatine can lead to some initial weight gain, but this is from muscle cells pulling water into them to support energy production. Over the longer term, research suggests that creatine won't significantly alter your total body water beyond what you would expect when you increase your muscle mass.

I sincerely hope that all of this clears up some of the misconceptions that exist about Creatine. Because Creatine can be good for you. I use it. Daily. Every morning. Why? Because I want that **ENERGY!** That's why! **CREATINE!!!** Enjoy!

REMEMBERING GREATNESS



EUGENE ASHLEY, JR.

Rank: *Sergeant First Class*

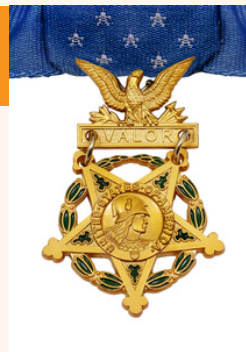
Conflict/Era: *Vietnam War*

Unit/Command: *Detachment A-101, Company C,
5th Special Forces Group (Airborne), 1st Special Forces*

Military Service Branch: *U.S. Army*

Medal of Honor Action Date: *February 6th-7th, 1968*

Medal of Honor Action Place: *Near Lang Vei,
Republic of Viet Nam*



MEDAL OF HONOR CITATION

EUGENE ASHLEY, JR.

UNITED STATES ARMY

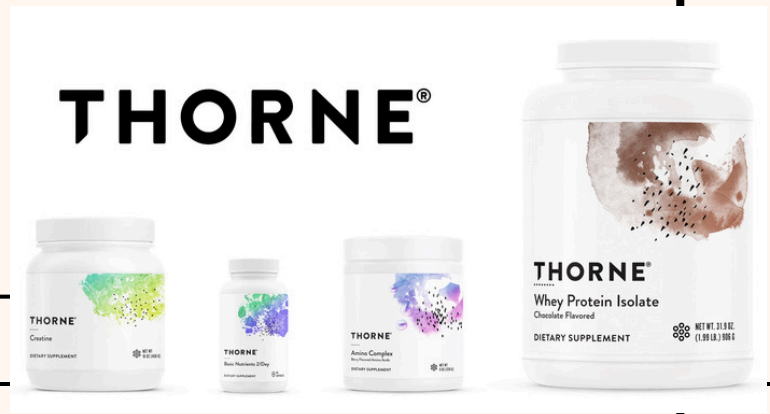
Sfc. Ashley distinguished himself by conspicuous gallantry and intrepidity while serving with Detachment A-101, Company C. Sfc. Ashley was the senior Special Forces Advisor of a hastily organized assault force whose mission was to rescue entrapped U.S. Special Forces advisers at Camp Lang Vei. During the initial attack on the Special Forces camp by North Vietnamese Army forces, Sfc. Ashley supported the camp with high-explosive and illumination mortar rounds. When communications were lost with the main camp, he assumed the additional responsibility of directing air strikes and artillery support. Sfc. Ashley organized and equipped a small assault force composed of local friendly personnel. During the ensuing battle, Sfc. Ashley led a total of five vigorous assaults against the enemy, continuously exposing himself to a voluminous hail of enemy grenades, machine gun and automatic-weapons fire. Throughout these assaults, he was plagued by numerous boobytrapped satchel charges in all bunkers on his avenue of approach. During his fifth and final assault, he adjusted air strikes nearly on top of his assault element, forcing the enemy to withdraw and resulting in friendly control of the summit of the hill. While exposing himself to intense enemy fire, he was seriously wounded by machine-gun fire but continued his mission without regard for his personal safety. After the fifth assault he lost consciousness and was carried from the summit by his comrades only to suffer a fatal wound when an enemy artillery round landed in the area. Sfc. Ashley displayed extraordinary heroism in risking his life in an attempt to save the lives of his entrapped comrades and commanding officer. His total disregard for his personal safety while exposed to enemy observation and automatic-weapons fire was an inspiration to all men committed to the assault. The resolute valor with which he led five gallant charges placed critical diversionary pressure on the attacking enemy and his valiant efforts carved a channel in the overpowering enemy forces and weapons positions through which the survivors of Camp Lang Vei eventually escaped to freedom. Sfc. Ashley's bravery at the cost of his life was in the highest traditions of the military service, and reflects great credit upon himself, his unit, and the U.S. Army.

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