



WINTER'S OVER, LET'S GET BACK TO WORK!

This is HUGE! We have finally gotten everything together and released our BRAND NEW Sandbag Calisthenic Program! It is up on the website and it is ready for you to use it today.

A lot of work has gone into designing it and our partnership with both 5.11 Tactical and RDX Sports has allowed us to put it together using the BEST equipment (shameless plug). Really though, a lot of time went into getting the programming right (thank you, Dr. Harrison), getting the filming done for the Video Exercise Library (thank you to my son, Robert), and doing all of the video editing, as well as getting the program up onto the website. It was a labor of love and I hope everyone reading this has a chance to make use of it.

But for us, this is only the first step. There are three more programs to prepare (Tier 3, Tier 2, and Tier 1). There are a ton of videos still left to edit for the Video Exercise Library. We also have ideas for new shirts that we have to design for the store. All of that still to do, and so, so much more. I am so glad the winter is almost over. Now I can get back to work! Enjoy!

Michael Sahn
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

MUSCLE FIBER

Muscle Fibers are Single Muscle Cells and when they are grouped together (into a Muscle), they can work to generate your body's movement. Inside of you there are three types of muscle tissue: Skeletal, Smooth, and Cardiac. The Muscle Fibers in all of these types of tissue (which is a group of similar cells that work together to perform a specific function) each have different roles but all of them work in similar ways.

Skeletal Muscle connects to all of the bones inside of your body, and using a pushing and pulling motion, allows you to move through and interact with everything in our physical world. Smooth Muscle can be found in our Blood Vessels, Lungs, and other Organs and is used in a number of Everyday Bodily Functions.

Cardiac Muscle is found in and makes up the Four Chambers of the Heart.

PERFORMANCE PSYCHOLOGY

PRESSURE

Pressure is the Anxiety and Nervousness that someone feels when they are faced with a Stimulus (something that grabs a person's attention or causes a person to act or react) or Difficult Situation.

Pressure always comes from inside of us and is Self-Imposed (meaning we do this to ourselves). An example of this would be the thoughts we might have of letting someone down if we didn't follow through on a Goal or fulfill a Responsibility.

Pressure can work both for or against us. Positively, it can be the thing that motivates us to ensure that we complete a task. This is because we are working to avoid a negative outcome or failure. But, it can also be Negative and debilitating, and cause us to Ruminates (the process of having continuous and repeated negative thoughts about failed outcomes and results).

SPORTS NUTRITION

ERGOGENIC

Ergogenic means that it is intended to enhance physical performance, stamina, or recovery. This could come in a number of forms and could be a Protein / Amino Acid, Fat, Vitamin, Mineral, Chemical, Substance, or Compound.

In Nutrition, all of these things are generally known as Ergogenic Aids and they are taken (also known as supplemented) with the hopes of making you stronger, faster, or more alert and attentive. This is why an athlete might decide to take Caffeine.

Creatine and Caffeine are known as Nutritional Ergogenic Aids, just like Proteins/Amino Acids, Fats, Vitamins, and Minerals because they are taken by mouth along with your diet.

Non-Nutritional Ergogenic Aids, like Anabolic Steroids, Narcotics, Stimulants, and Blood Doping generally tend to be illegal and are usually not recommended.

MONTHLY EXERCISE BREAKDOWN



FLUTTER KICKS

FLUTTER KICKS are one of the **BEST ABDOMINAL** and **CORE MUSCLES** exercises out there and will, most likely, be a **STAPLE** of your **MILITARY TRAINING**.

First, place a **FLOOR MAT** on the ground.

Then, on the **FLOOR MAT** lie down on your back with your legs fully extended.

Place your hands palms-down underneath your rear-end. This is the **REST POSITION**.

To begin this **4-COUNT** exercise, lift your **HEAD UPRIGHT** and both of your **HEELS 6-INCHES OFF OF THE GROUND**. This is the **READY POSITION**.

During this exercise **DO NOT LET YOUR HEELS TOUCH THE GROUND** and **KEEP YOUR HEAD UP OFF OF THE GROUND AT ALL TIMES**.

From the **READY POSITION**, lift your **RIGHT HEEL UP** and your **LEFT HEEL DOWN**.

Then, bring your **LEFT HEEL UP** and **RIGHT HEEL DOWN**.

Again, bring your **RIGHT HEEL UP** and your **LEFT HEEL DOWN**.

And finish by bringing your **LEFT HEEL UP** and **RIGHT HEEL DOWN**.

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

INSIGHTS INTO SPORTS SCIENCE

THE SANDBAG CALISTHENIC WORKOUT

BY MICHAEL SAHND,
MS APK, TSAC-F

So, if you read the opening to the newsletter you know that we released a new program, the Sandbag Calisthenic Workout. Why is this SO important to us? Because, now that it is going to get warmer, it is a great way for people to get themselves outside and start grinding the rust off of their bones and get themselves back into a workout routine.

I take the winter off. It is my off-season. And, with this winter being exceptionally cold, my motivation was gone. Still, at about this time of year I start jonesing for a workout and this year I am going to start off by doing my new workout program. All that I need is a Sandbag and a pair of Boxing Focus Mitts. That's it.

Because of this, this program can be done anywhere. I can literally put these two pieces of equipment into my truck and wherever I stop, there's my gym. I'm saying this to help anyone who is reading this article to understand that this puts the responsibility onto you. This program is free. You don't have to pay for it. The equipment is basic and cheap, and remember that I said that there's only two pieces of equipment? It is literally that simple.

Also, this program was designed to allow you to grow over time. It starts very small. We take baby steps. Low sets and low repetitions. This is important for one very specific reason. If I break you, then I haven't helped you. I've only set you back. This, of course, would never be my goal, but often, when we start a new workout program, we have an Olympian idea of how much we can do and often we forget to take into account the reality of our current physical readiness. Meaning, that we aren't necessarily as strong as we think that we are. Did you feel that gut-punch to your ego? Don't worry. We've all been there.

The reason that I bring this up is because if you don't take a slower and steady pace, as the program prescribes, there could be a risk of injury. You could overdo it and hurt yourself and that is why the program is designed the way that it is. And, if you needed to, you could even start out doing less than the prescribed number of sets and repetitions. The point that I am trying to make is that there is always room in ANY program, including mine, to add or subtract from it to make it work for your level of fitness.

I want people to be healthy, and to be physically able to meet the challenges that life throws at us, and to do it with strength. I believe that this program can do that. So, if you want to start getting into or get back into shape, I hope that my program can be your choice for beginning that journey. You can find the Sandbag Calisthenic Workout here: www.sandlfit.com/programs/

HONEYBADGER SPOTLIGHT



BLAIN HARRISON, PH.D, CSCS*D

Dr. Blain Harrison joined The University of Florida's Applied Physiology & Kinesiology Program (APK) in 2016 as a Lecturer and its Internship Coordinator for the undergraduate and graduate APK programs. He teaches many of the program's integral core classes and is instrumental in the APK's transfer of knowledge to future Sports Scientists. His Bachelor's Degree is in Biology, his Master's Degree is in Exercise Physiology, and his Ph.D. is in Sports Medicine, all from the University of Virginia along with a Master's of Science in Athletic Training from Virginia Commonwealth University. He is also a Certified Strength and Conditioning Coach with the National Strength and Conditioning Association.

WHY DO FITNESS PLANS NEED TO BE “PROGRAMMED INDIVIDUALLY? WHAT IS THE PROBLEM WITH A “ONE-SIZE-FITS-ALL” FITNESS PROGRAM OR PLAN?

Fitness plans need to be individualized because everyone has unique goals, body types, fitness levels, and health conditions. A "one-size-fits-all" approach fails to account for these differences, which can lead to ineffective workouts, increased risk of injury, and lack of motivation. Individualized plans ensure that exercises are tailored to meet specific needs and goals, providing a more efficient and safer path to fitness.

WHAT ARE SOME OF THE HALLMARKS OF A GOOD INDIVIDUALIZED PROGRAM?

A good, individualized fitness program typically includes:

- **Personalized Goals:** Clear, achievable goals based on the individual's aspirations and current fitness level.
- **Variety:** A mix of different types of exercises (cardio, strength training, flexibility) to keep the program engaging and well-rounded.
- **Progressive Overload:** Gradually increasing the intensity of workouts to continue making progress.
- **Flexibility:** The ability to adjust the program as needed based on progress, feedback, and any changes in goals or circumstances.
- **Recovery:** Incorporating rest days and recovery techniques to prevent overtraining and injuries.

(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

HONEYBADGER SPOTLIGHT



BLAIN HARRISON, PH.D., CSCS*D [CONT.]

WHAT DO YOU SEE AS THE GREATEST MISUNDERSTANDING THAT PEOPLE HAVE WHEN DEVELOPING A FITNESS PROGRAM AND WHAT ARE SOME THINGS THAT, IF NOT ACCOUNTED FOR, COULD RESULT IN GOALS NOT BEING REACHED?

·One of the greatest misunderstandings is the belief that more is always better. People often think that working out harder and longer will yield faster results, but this can lead to burnout, injuries, and setbacks.

Not accounting for proper rest, recovery, and nutrition can also hinder progress. Additionally, setting unrealistic goals or not tracking progress can result in frustration and loss of motivation.

WHAT ARE THE PRIMARY FACTORS THAT NUTRITION PLAYS IN REACHING AN INDIVIDUAL'S FITNESS GOALS?

Nutrition plays a crucial role in reaching fitness goals by:

- Fueling Workouts: Providing the energy needed for exercise.
- Recovery: Aiding in muscle repair and recovery post-workout.
- Body Composition: Helping to manage weight and body fat percentage.
- Overall Health: Supporting immune function, reducing inflammation, and improving overall well-being.

WHAT IMPACT DOES NUTRITION AND A FITNESS PROGRAM PLAY IN OVERCOMING AN INJURY AND GETTING BACK INTO YOUR JOB OR SPORT?

Proper nutrition and a well-structured fitness program are essential for injury recovery and return to activity. Nutrition provides the necessary nutrients for tissue repair and inflammation reduction, while a tailored fitness program can help regain strength, flexibility, and mobility. Gradual progression and specific rehabilitation exercises ensure a safe and effective return to your job or sport.

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

REMEMBERING GREATNESS



JOHN EDWARD KILMER

Rank: *Hospital Corpsman*

Conflict/Era: *Korean War*

Unit/Command: *Attached to Duty as a Medical Corpsman with a Marine Rifle Company, 1st Marine Division*

Military Service Branch: *U.S. Navy*

Medal of Honor Action Date: *August 13th, 1952*

Medal of Honor Action Place: *Korea*



MEDAL OF HONOR CITATION

HOSPITAL CORPSMAN JOHN EDWARD KILMER

UNITED STATES NAVY

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty in action against enemy aggressor forces:

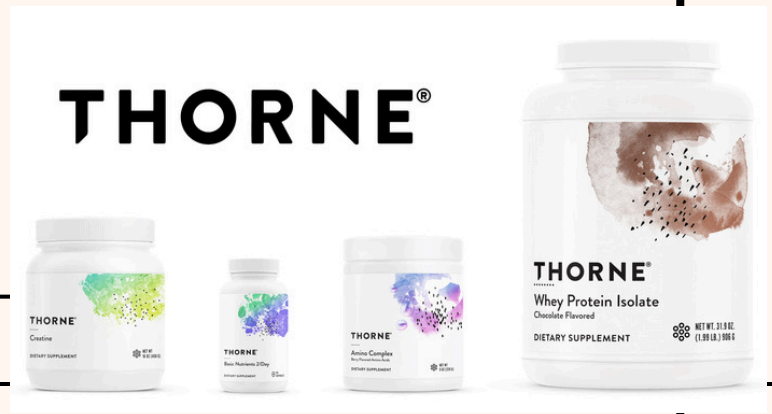
With his company engaged in defending a vitally important hill position well forward of the main line of resistance during an assault by large concentrations of hostile troops, HC Kilmer repeatedly braved intense enemy mortar, artillery, and sniper fire to move from one position to another, administering aid to the wounded and expediting their evacuation. Painfully wounded himself when struck by mortar fragments while moving to the aid of a casualty, he persisted in his efforts and inched his way to the side of the stricken marine through a hail of enemy shells falling around him. Undaunted by the devastating hostile fire, he skillfully administered first aid to his comrade and, as another mounting barrage of enemy fire shattered the immediate area, unhesitatingly shielded the wounded man with his body. Mortally wounded by flying shrapnel while carrying out this heroic action, HC Kilmer, by his great personal valor and gallant spirit of self-sacrifice in saving the life of a comrade, served to inspire all who observed him. His unyielding devotion to duty in the face of heavy odds reflects the highest credit upon himself and enhances the finest traditions of the U.S. Naval Service. He gallantly gave his life for another.

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