

THE PROFESSIONAL TACTICAL FITNESS NEWSLETTER

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BACK TO SCHOOL & BACK TO WORK!

Hey, everyone! I JUST had my BIRTHDAY and I am SUPER-PSYCHED to bring this edition of the newsletter to you! We're winding down the Summer and getting ourselves back to school. Cracking the books and making sure that we make it to practice on time.

I hope that all of you got to do exciting and fun things and had GREAT vacations with the ones that you love. But now, it's time to get back to work, get yourselves back on your training schedules, and together, let's get some results!
ENJOY!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY SUMMATION

Summation is the addition of successive simple Twitches (quick activations of a muscle by Neurons) that occur so quickly that the muscle does not have time to relax between each of the successive or previous Twitches. This is important because without the process of Summation your body's muscles would not be able to generate the force required to move your body through space. Muscle Contractions from Twitches alone don't produce much force, but numerous Muscle Contractions from a number of successive Twitches, one after another, create a snowball-effect that amplifies, or enlarges, the overall force and effect by using the force of each previous Twitch and adding it to the next one until the single, sustained forceful Contraction known as Tetanus occurs.

PERFORMANCE PSYCHOLOGY MENTAL TOUGHNESS

Mental Toughness is a mindset that an individual can choose to have that requires:
Confidence: A robust self-belief in one's capabilities and the ability to achieve desired outcomes.
Commitment: The drive to persist with tasks and goals, even in the face of obstacles, seeing them through to completion.
Control: The sense of having influence over one's emotions, life events, and the ability to shape one's destiny.
Resilience: The ability to endure adversity, recover quickly from disappointments, and adapt to challenging situations.
Adaptability: Flexibility in responding to unexpected events and changing circumstances.
Motivation: The drive to push forward, persevere, and remain determined even when things are difficult.

SPORTS NUTRITION DIETARY SUPPLEMENTS

Dietary Supplements are any manufactured products that are intended to Supplement (replace or add to) a person's diet or nutrition in the form of a pill, capsule, tablet, powder, or liquid. A Supplement may provide a source of nutrients, vitamins, or minerals that have been extracted from actual natural food sources, or from a combination of synthetic chemicals. Often, a Dietary Supplement will not be absorbed or used by the body as efficiently or effectively as it would have been had it come from a natural dietary source. This process of digesting and absorbing nutrients is called Nutrient Absorption and the absorption rate of natural, whole foods is generally more effective than that of Supplements. With a Supplement's general ability to be effective being dependant on its form, quality, and the individual's health and diet.

MONTHLY EXERCISE BREAKDOWN



SANDBAG POWER CLEAN

The SANDBAG POWER CLEAN is a Full Body exercise.

Pay CLOSE ATTENTION to the DIRECTIONS to ensure your SAFETY, so that you can PREVENT INJURY.

You will start with a SANDBAG that has a relatively LIGHT WEIGHT so that your body can ADAPT to the WEIGHT LOAD.

SLOWLY increase the WEIGHT LOAD as your STRENGTH INCREASES.

DO NOT ADD WEIGHT, JUST TO ADD WEIGHT. This could potentially put you at RISK OF INJURY.

Starting with the SANDBAG on the ground in front of you, first, SQUAT DOWN, feet shoulder-width apart and flat on the ground, your knees over your toes, your shoulders over your knees and with your rear-end sticking out behind you.

DO NOT SLOUCH OR ARCH YOUR BACK. KEEP YOUR SHOULDERS UPRIGHT.

Grab the SANDBAG on the ground with both hands, shoulder-width apart. This is the START POSITION.

Using your legs while pushing into your heels, QUICKLY STAND UP and bring the SANDBAG UP ALONG YOUR THIGHS TOWARD YOUR WAIST and, IN ONE COMPLETE MOVEMENT, BEND YOUR ELBOWS, FLIP THE SANDBAG UP and bring it across the FRONT OF YOUR SHOULDERS.

This is the CLEAN or READY POSITION.

This is ONE REPETITION of this exercise.

From here, just do the reverse to lower the SANDBAG back down to the ground as you lower yourself back into a SQUATTING POSITION.

IMPORTANT: Only do the number of reps that you feel physically comfortable doing. DO NOT push yourself to do more than you are capable of doing.

This exercise is physically taxing on the nervous system and will require time for your body to adapt before it becomes normal to you.

INSIGHTS INTO SPORTS SCIENCE

GETTING SIDELINED WITH OVERTRAINING

BY MICHAEL SAHND,
MS APK, TSAC-F

So, I've been sick. That, by itself, would have been bad enough if, just beforehand, I hadn't also been recently injured. It all started when I bent down to light a candle for my Wife and I suddenly experienced what felt like a stabbing sensation in my lower back. It was excruciating. I could barely lift my shoulders up to stand up straight. How could I be taken out by such a mundane and simple movement? Well, I'll tell you how.

I train Muay Thai. It is a passion of mine. I LIVE for it. Because of this, I train in the backyard at my barn for about two to three hours, three to four days a week. This includes my sessions at the Muay Thai gym. I do everything from knee raises, internal and external rotations, punches, kicks, you name it. Hundreds of reps. Tons of sets. By the end, I am covered in sweat.

Someone at some point in human history said something along the lines of, "all things in moderation". It is now blatantly obvious that I DID NOT heed that message. I over did it. WAY over did it. I injured my Psoas muscle. For those of you who do not know or have never even heard of this muscle, it is deeply set inside the structure of your hips and connects just about everything that you would use to bend over at your waist. When you hurt it, you are HURT.

I was sidelined for about a month with a pain that ranged from excruciating to mildly inconvenient and no matter how hard I tried, I could not stretch the muscle in such a way that it would loosen up. I was horrible, but eventually it subsided. Luckily I was only out of Muay Thai class for one week and after speaking to the instructor I was able to modify my training and remove the kicks and lower body-intensive movements in class for the next few weeks. Slowly, but surely, I was healing. Good to go, right?

This was when I got sick. It started with my wife (I'm starting to see a pattern here). She came home from work one day and started coughing. A cough that got harder and deeper as whatever she had ran its course. The course of this illness ran for about three weeks, and miraculously, I, nor anyone else in the house, got sick. That is, until my Psoas muscle had fully healed. Then I got sick. Perfect timing.

It didn't hit me with the intensity that it had hit my wife, but it did knock me out of training. Again, I had to miss my weekly Muay Thai class. And, training outside by the barn? Out of the question. I could barely muster up the energy to do normal daily activities, let alone train or work out.

Why am I sharing this story of misery? Why am I telling you this tale of woe? Because I am finally feeling better. I am not sick and I am not injured. I am ready to start training again, but I also think that I might know how I got myself into this mess in the first place. This whole thing is MY fault. I think that I became a victim of my own devices. I am pretty sure that I took myself out by Overtraining.

What is Overtraining? According to book *Exercise Physiology: Theory and Application to Fitness and Importance*, by Scott K. Powers, Edward T. Howley, and John Quindry, "Overtraining is often defined as an imbalance between training and recovery. In short, overtraining results from a high volume and intensity of exercise without sufficient rest and recovery." This is EXACTLY what was doing. Some of my workouts were what I call Two-a-Days, because the Muay Thai training wasn't the only thing that I did during the week. I would also do weighted vest ruck marches for two miles, two to three times a week, and I was also swimming a half-mile breast stroke one to two days a week. Definitely Overtraining.

What is most interesting about all of this and this story is that this is, most likely, why I wound up getting sick. One of the effects of Overtraining is the potential for a weakening of your Immune System. In a UCLA Health Article posted on their website by medical journalist Chayil Champion, Ed.D, titled, *No Pain, No Gain? Training Too Hard Can Have Serious Health Consequences*, his research found that, "Overtraining can result in imbalances in hormones such as cortisol, testosterone and growth hormone. These imbalances can adversely affect metabolism and muscle growth. In addition, the strain on the body due to overtraining can suppress the immune system, making individuals more susceptible to infections, illnesses and prolonged recovery periods."

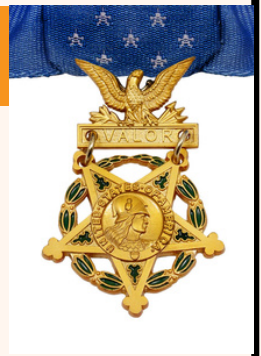
This is why I am sharing this story. Often we push ourselves and our training, and that is great and we should commend ourselves for all of the hard work that we have done. But, we also have to remember to allow ourselves to heal and to recover. If we don't, then we run the risk of running ourselves into the ground. I'm definitely going to take a lesson from this, one that I've already put into my training program. I'm adding more rest days. I'm focusing more on recovery. Why? Because I LOVE Muay Thai!

REMEMBERING GREATNESS



EMORY LAWRENCE BENNETT

Rank: *Private First Class*
Conflict/Era: *Korean War*
Unit/Command: *Company B, 15th Infantry Regiment,
3d Infantry Division*
Military Service Branch: *U.S. Army*
Medal of Honor Action Date: *June 24, 1951*
Medal of Honor Action Place: *Sobangsan, Korea*



MEDAL OF HONOR CITATION EMORY LAWRENCE BENNETT UNITED STATES ARMY

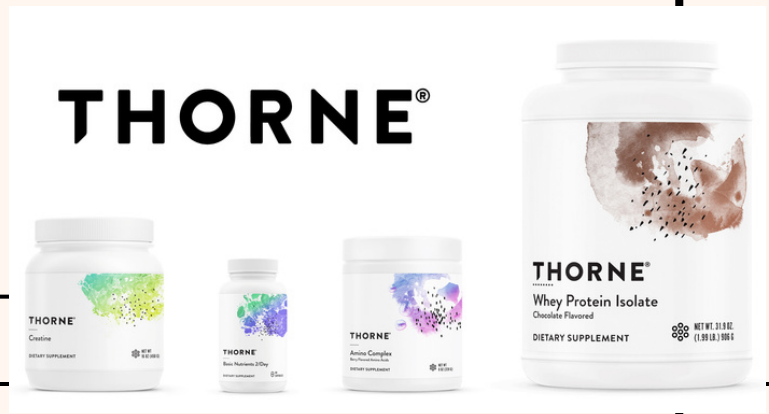
Pfc. Bennett, a member of company B, distinguished himself by conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty in action against an armed enemy of the United Nations. At approximately 0200 hours, two enemy battalions swarmed up the ridgeline in a ferocious banzai charge in an attempt to dislodge Pfc. Bennett's company from its defensive positions. Meeting the challenge, the gallant defenders delivered destructive retaliation, but the enemy pressed the assault with fanatical determination and the integrity of the perimeter was imperiled. Fully aware of the odds against him, Pfc. Bennett unhesitatingly left his foxhole, moved through withering fire, stood within full view of the enemy, and, employing his automatic rifle, poured crippling fire into the ranks of the onrushing assailants, inflicting numerous casualties. Although wounded, Pfc. Bennett gallantly maintained his one-man defense and the attack was momentarily halted. During this lull in battle, the company regrouped for counterattack, but the numerically superior foe soon infiltrated into the position. Upon orders to move back, Pfc. Bennett voluntarily remained to provide covering fire for the withdrawing elements, and, defying the enemy, continued to sweep the charging foe with devastating fire until mortally wounded. His willing self-sacrifice and intrepid actions saved the position from being overrun and enabled the company to effect an orderly withdrawal. Pfc. Bennett's unflinching courage and consummate devotion to duty reflect lasting glory on himself and the military service.

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