

THE NEWSLETTER OF PROFESSIONAL FITNESS

FEBRUARY 2025

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GETTING THROUGH THE HEART OF WINTER

Winter is my least favorite of all of the seasons. I know that there are a ton of you out there who are screaming at those words as you read them and are ready to tell me how “active” you are when the winter months roll in. Well, good for you. I am not one of them. And, if we’re being honest, I’m a little bit jealous of you on your snowboards, your snow shoes, and your cross-country skis. I was made for sunshine and palm trees.

This is why I take an “off-season” during the winter and confine myself to my Echo Bike a couple of times a week. One of the side benefits of this new approach to my training is that I have finally given my body a chance to heal from all of the “I wonder if I can lift that” moments of the last couple of years. My body is definitely thanking me.

So, for all of those who are having trouble coping with the cold and the snow. Why not take a break? Getting back to work in the Spring will be a welcome relief for your wintry soul. Enjoy!

Michael Sahn
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

INFLAMMATION

Inflammation is your body’s process of trying to protect itself from foreign matter, bacteria, or viruses so that they either don’t enter tissue (which is a group of similar cells that work together to perform a specific function, like muscle or skin) or are trapped so they can be removed over time. Inflammation also occurs when there is an injury to your bones and/or tissue.

During this process your body releases a number of chemicals and specialized cells that help to fight off pathogens, remove the damaged tissue, and specifically work to promote the healing process.

The five cardinal, or main and important, signs of Inflammation that can be seen are heat, pain, redness, swelling, and loss of function. Sometimes these signs, when on the inside of the body, cannot be seen and must be diagnosed by a doctor.

PERFORMANCE PSYCHOLOGY

SELF-TALK

Self-Talk is the internal dialogue that we have with ourselves. It is what we say to ourselves in our mind before, after, and during the decisions that we make and the actions that we take.

Self-Talk can be positive and reassuring and can be the motivational phrases that we use to achieve things that our self-doubt might be working to stop us from completing.

On the flip side, Self-Talk can also serve as a negative voice inside of us. Negative Self-Talk, if used often, can give our self-doubt a greater ability to stop us, not only from completing our goals, but it can also stop us from even beginning the journey.

Self-Talk, if used with purpose as a Psychological Tool, has been repeatedly shown to be an effective way for individuals to complete challenging tasks.

SPORTS NUTRITION

VITAMIN D

Vitamin D is a Fat-Soluble Vitamin (meaning the body needs a small amount of Fat from your diet to absorb, move through your body, and then use it).

The primary role of Vitamin D is to regulate the levels of Calcium in your blood. Because of this, it plays a very important role in bone growth and development.

In its active form in the body, called Calcitriol, research has shown that it plays an important part in proper immune function, controlling inflammation, as well as aiding in muscle function.

Vitamin D has also recently been shown to help maintain the integrity of the Blood-Brain Barrier (which helps to keep harmful substances out of your brain), helps in regulating your mood, and amazingly can be produced in the body by exposing the skin to sunlight.

MONTHLY EXERCISE BREAKDOWN



SANDBAG FRONT SQUAT

The **SANDBAG FRONT SQUAT** 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** with both hands, shoulder-width apart and, using your legs while pushing into your heels, stand up and bring the **SANDBAG** up to your waist.

From here you will then raise the **SANDBAG** by **BENDING YOUR ELBOWS** and, **IN ONE COMPLETE MOVEMENT, FLIP THE SANDBAG UP** and bring it across the **FRONT OF YOUR SHOULDERS**. This is the **CLEAN** or **READY POSITION**.

From here, lower yourself into a **SQUATTING POSITION**.

From here, use the **DOWNWARD MOMENTUM** of your squat to push out of the **SQUATTING POSITION** again, using your legs while pushing into your heels. You are now back in the **CLEAN POSITION**.

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

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

WHAT IS PROFESSIONAL FITNESS?

BY MICHAEL SAHND,
MS APK, TSAC-F

I am taking the opportunity to tell all of you about a new direction that *Sea & Land Fitness* is taking and how we are expanding the reach of fitness education to include populations that have been overlooked by our industry. I have always been an advocate for Tactical Fitness, the fitness required to do the jobs that are done by our military, our law enforcement, and our fire services. But, in recent months I have been given an insight into the sacrifices and hard work that an often forgotten group engages in daily, a group that includes millions of Americans, and I had to ask myself, "what is our industry doing to serve them?"

Every day Able Seamen, in the worst weather, man tug boats that help to bring us the goods that travel on our oceans. Roughnecks work the oil fields on land and the oil rigs at sea to bring home a paycheck at very real risk to their lives, just to keep our lights on and our cars moving. Steelworkers deftly maneuver heights to build the bridges that allow us to come home every night to be with our families. And, Cattlemen and Cowhands work the herds that roam our Great Nation, regardless of the snow, the wind, and the rain to make sure that we can put food on all of our tables.

What do all of these professions have in common? They all require strength, a sturdy back, and the best of health. If any of these three things are missing then the risk of injury, which already exists due to the hazardous nature of their work, is increased exponentially. These potential injuries have impacts that not only lead to an individual losing income, but they also lead to a break in the supply chain. You don't get that Amazon delivery because it never arrived, or you can't drive to work because the roads were never finished, or your family wasn't be able to find what they need in the supermarket because it never arrived.

Because of the importance of these professions, to include the countless others not named here that directly impact all of our lives on a daily basis, we have decided to create a new category and discipline within the fitness world. We call it *Professional Fitness*. It is defined as, "the level of Strength and Health that is required for an individual who works in a Highly Physical Occupation".

Please join us in celebrating a future where Professional Fitness becomes a sought after and needed aspect of the occupational world. Where a new generation of people seek a better, stronger, and healthier way of living and working.

HONEYBADGER SPOTLIGHT



JON WOOD

Jon Wood is a 25-year veteran police officer who retired as a Lieutenant in 2019 and is currently a Firearms Instructor at the Tronsrue Marksmanship Center, West Point, NY (USMA). In the past he has successfully investigated numerous cases, with a large number of them involving violent felonies. Some of his training includes the NYPD Homicide Investigators Course, the FBI Criminal Investigator Course, and the FBI Hostage Negotiators course. He also developed his agency's response to active shooter training, updated and modernized the agency's firearms program, and has taught at local police academies and trained more than 200 officers in firearms and tactics in annual training events. Having taught since 2003, he has always remained a student of the gun, continuously seeking training from other professionals in an effort to remain current and efficient. On average, Jon stays busy and current by attending three multiple-day training events per year.

WHAT BROUGHT YOU INTO A CAREER IN LAW ENFORCEMENT AND HOW DID THIS LEAD YOU TO BECOMING A FIREARMS INSTRUCTOR AT ONE OF AMERICA'S MOST PRESTIGIOUS ACADEMIES?

I wanted to be a police officer since I was about 5 years old. Growing up, I loved being the "Good Guy" and idolized Police Officers. Naturally, I wanted to be the Hero. I went to college to earn my Associate's Degree, took the Civil Service Test, and made it through the selection process with the department that eventually hired me.

As a kid, I loved shooting BB guns. This love transferred into the police world, where I became proficient with firearms. A firearms instructor opportunity at my agency presented itself. The requirement was to compete against approximately 50 other shooters from the Northeast and Canada to get one of the 25 spots in the coveted FBI Firearms Instructor class. Upon graduating from the FBI Firearms Instructor School, my love of teaching thrived. I started seeking as many training opportunities as possible from LE Instructors, Tier 1 Military guys (DEVGRU / DELTA), and Competition Instructors.

I retired at the end of 2019 and took a break from work. I took mini-vacations to Sig Academy, earning the coveted Master Pistol Instructor certification (now called Advanced Instructor). One night, I was bored and started a Google search for Firearms Instructor jobs near me. A Firearms Instructor / RSO position was available at the U.S.M.A. at West Point, New York. After applying for the position, I was interviewed by the former Building Commandant / Range Manager, who liked me enough to hire me. Five years later, I still love coming to work and teaching our future leaders and warriors how to shoot.

WHAT ARE THE FITNESS EXPECTATIONS OF LAW ENFORCEMENT PERSONNEL IN YOUR FORMER DEPARTMENT?

The fitness standards in the police world were only important when going through the selection/Hiring process. An officer candidate was required to meet the Cooper standards at a minimum. Once the standards were met, the candidates were drilled through the police academy PT and DT programs.

Unfortunately, as in most agencies, there weren't any fitness standards the officers were held to. Stress, alcohol, and fast food at all hours take their toll on officers' fitness. The only way to maintain a standard would be to have it as a contractual item, where the officer would get extra money in their pay if they met a standard.

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



JON WOOD [CONT.]

HOW DID YOU PREPARE YOURSELF FOR THE FITNESS REQUIREMENTS NEEDED TO SERVE AS A POLICE OFFICER? DO THEY DIFFER FROM HOW THOSE COMING IN NOW PREPARE FOR THE JOB?

After the police academy, I would only do weight training and very little cardio (because I hate running). Just under five years on the job, I was promoted to Detective. This was a more prestigious position, and I could eat at tables instead of on a clipboard in my patrol car. After 10 years as a Detective, I recognized I was no longer in good shape.

At about 45 years old, I started to do a lot of cardio. I was running 4 miles at a clip at 6 MPH on the treadmill. I started to like running once I got past the first 10 minutes if I could keep occupied by a movie. Now, I see officers doing CrossFit to stay in shape while others continue their way of life without keeping in shape.

WHEN YOU BECAME A FIREARMS INSTRUCTOR ON A MILITARY POST DID THE FITNESS REQUIREMENTS OF THAT SPECIFIC JOB CHANGE, AS COMPARED TO THOSE OF A POLICE OFFICER? IF THERE WERE, WHAT WERE THE MAIN CHALLENGES TO THIS CHANGE?

When West Point hired me, the only physical requirement was to lift a 40-pound bag. There really is no fitness standard for RSOs / Instructors. If there were fitness standards, keeping and hiring instructors might be challenging. Like me, most, if not all, instructors are retired, and the pay isn't enough to keep people interested.

HOW HAS NUTRITION BEEN A FACTOR IN MEETING THE FITNESS DEMANDS THROUGHOUT YOUR CAREER?

As mentioned earlier, Nutrition was a significant issue for a young officer. Eating fast food daily, sometimes two meals a day isn't as nutritious as a home-cooked meal. The long hours of work, coupled with the late-night "Choir Practice" (Bar), led to eating chicken wings, making bad decisions, and lacking sleep. Once I made Detective, it was fancy restaurants with good food—just too much. I realized I needed to change my lifestyle, including cardio and eating healthier options.

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REMEMBERING GREATNESS



RICHARD ALLEN ANDERSON

Rank: *Lance Corporal*

Conflict/Era: *Vietnam*

Unit/Command: *Company E, 3rd Reconnaissance Battalion,
3rd Marine Division (REIN) FMF*

Military Service Branch: *U.S. Marine Corps*

Medal of Honor Action Date: *August 24th, 1969*

Medal of Honor Action Place: *Quang Tri Province, Republic of
Vietnam*



MEDAL OF HONOR CITATION

LANCE CORPORAL RICHARD ALLEN ANDERSON

UNITED STATES MARINE CORPS

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while serving as an assistant team leader with Company E, in connection with combat operations against an armed enemy. While conducting a patrol during the early morning hours L/Cpl. Anderson's reconnaissance team came under a heavy volume of automatic-weapons and machine-gun fire from a numerically superior and well-concealed enemy force. Although painfully wounded in both legs and knocked to the ground during the initial moments of the fierce firefight, L/Cpl. Anderson assumed a prone position and continued to deliver intense suppressive fire in an attempt to repulse the attackers. Moments later he was wounded a second time by an enemy soldier who had approached to within eight feet of the team's position. Undaunted, he continued to pour a relentless stream of fire at the assaulting unit, even while a companion was treating his leg wounds. Observing an enemy grenade land between himself and the other marine, L/Cpl. Anderson immediately rolled over and covered the lethal weapon with his body, absorbing the full effects of the detonation. By his indomitable courage, inspiring initiative, and selfless devotion to duty, L/Cpl. Anderson was instrumental in saving several marines from serious injury or possible death. His actions were in keeping with the highest traditions of the Marine Corps and of the U.S. Naval Service. He gallantly gave his life in the service of his country.

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COMPANIES
&
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