



AIR FORCE FINAL BATTLE

— ALPHA WARRIOR —



The Air Force Alpha Warrior program is managed by the Air Force Services Center, Joint Base San Antonio-Lackland, Texas.



Competitor: 2nd Lt. MaryCaitlin Dominguez, clinical nurse, Langley AFB, Virginia

Fitness level: “Always changing! I like to attempt new challenges or goals. It all started with my BS in Kinesiology, after which I started exploring weight training, running half marathons, CrossFit, bodybuilding and now Alpha Warrior!”

Did you face any obstacles along the way? How did you overcome them? “I have had various injuries throughout life and those definitely pose a mental challenge along with a physical one. Each experience taught me a number of lessons in being patient, tuning into my body, adapting to overcome and supporting others. Staying focused on a goal and learning to be flexible and perhaps even modify that goal helped me stay motivated.”

When did you start training for this competition? “I didn’t learn about Alpha Warrior until the start of this

summer (May 2019), I was recruited during a regular workout in the gym and decided to give it a shot.”

How does it feel to make it to the Final Battle? “I am amazed by the athletes that surround me within this program. I am truly humbled to have made it this far and compete with such amazing individuals. I couldn’t have done it without the support, knowledge and encouragement of the other Alpha Warrior athletes.”

How has Alpha Warrior helped you improve your functional fitness level? “Alpha Warrior has been a challenge for me in terms of adapting more aspects of functional fitness. For the last two years, I have been focused on weight training. It’s been not only physically but also mentally challenging as I have attempted obstacles and things I have never tried before. It’s caused me to change my way of training and bring in more functional movements, which I really enjoy and feel are very beneficial.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “Go for it! I had no idea what I was doing when I was recruited to



give the competition a shot. It was a real challenge for me to learn new techniques and challenge my body, but practice got me through and it's definitely a challenging, but fun, way of training!"

What would you say to those people who may view Alpha Warrior equipment as "only something top-level athletes" can use? "The whole basis of Alpha Warrior is to provide functional fitness to the body – everyone can use the equipment! It may come easier to some than others, but practice, time on the equipment and technique are all things that will help anyone gain strength and skill to navigate the equipment. The other awesome thing about functional fitness is that it can be modified and adapted for whoever is using it, so that little by little, everyone will improve and advance."

Do you have a unique or interesting story in relation to nutrition or fitness? "I am definitely someone who loves their food and stays active to maintain that balance in life."

Final thoughts? "I really appreciate the opportunity to participate and compete in Alpha Warrior 2019! I am excited to see this program grow and gain popularity in future years."