



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: Staff Sgt. Seth T. Golloway, Water and Fuels Systems Maintainer, Hurlburt Field, Florida

Fitness level: “Excellent ... a day-to-day decision to be fit is the only way I became the way I am.”

When did you start training for this competition? “I have been competing in Alpha Warrior for the past 3 years, so one could say every day since has been a training day for these competitions.”



How does it feel to make it to the Final Battle? “The torn calluses, the aching muscles and joints, and the buckets of sweat that I have dripped have all been worth it.”

How has Alpha Warrior helped you improve your functional fitness level? “Instead of just picking up and lifting heavy weights, which is great, I believe I’m more prepared for any type of workout, life situation or competition. My training ideals have been broadened. Also, my overall confidence in my strength and health has boosted.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “Prepare yourself for fun! The Alpha Warrior rigs are challenging but think back to your childhood of climbing trees or traversing around the playground when the ground was lava. Those times were fun and challenging, just keep those thoughts when you have doubts about touching the rig.”

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “Try it, no matter your fitness level or type. There are those who can jump up on the rig for the first time and be amazing, and then there are those that can’t do a single pull up. It’s ok either way. Take things day by day. One push up, one pull up, one decision at a time will build the foundation of what is needed to get you up on the rigs.”