



# 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:** Airman 1st Class Elizabeth Jackson, vulnerability assessment technician, Peterson AFB, Colorado

**Fitness level:** “Superior condition; it’s a combination of years of consistent training and a healthy relationship with food.”

**Did you face any obstacles along the way? How did you overcome them?** “Absolutely ... I overcame them by allowing myself to have bad days, but doing my best not to allow them to outweigh my good days and consume my thought process. It took a while to come to that realization but at the end of the day, whether you gave it your all or came up short in a workout, you still got that much fitter and made it through another day of training and didn’t give up.”

**When did you start training for this competition?** “I started training at the beginning of June just for fun.”

**How does it feel to make it to the Final Battle?** “It honestly feels surreal; after the Super Regionals competition, it took a while for it to sink in that I

made it to the Final Battle with the second fastest time for females.”

**How has Alpha Warrior helped you improve your functional fitness level?** “Alpha Warrior has definitely improved my functional fitness level without a doubt. It taught me to be ready for anything regardless if you’re better at strength portions or better at endurance portions of fitness. It’s super important to be a well-rounded athlete.”

**What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation?** “Have fun! It sounds cliché’ but when you have fun and don’t put too heavy of expectations on yourself, you accomplish some pretty cool things.”

**What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use?** “Just realize the top-level athletes had to go through a process to get where they are now. Everyone was once a beginner, but it’s important for you to enjoy your own process. You never know who you could inspire and help with your story.”

**Do you have a unique or interesting story in relations to nutrition or fitness?** “I have been an athlete pretty much my entire life; I started gymnastics when I was 3 and continued for almost 12 years. My dad was a former Marine Corps Drill Instructor and I would play on the obstacle courses in Parris Island, South Carolina. Aside from that, I did soccer, ballet, cheerleading, track, springboard diving and now CrossFit. I never really took nutrition seriously until maybe four years ago when I really started dialing in when I started CrossFit in October 2017. Since then, I’ve qualified twice for major sanctioned CrossFit events (the Granite Games Championships in St. Cloud, Minnesota.) I’m a sucker for travel and fitness so when I get to combine both, it makes for a pretty awesome experience.”

**Final thoughts?** “Thank you to my loved ones and friends (non-military and military) for all the support and kind words! I love and appreciate you so much!”