



# 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:** Master Sgt. Justin Lemmon, munitions stockpile management section chief, Osan AB, Republic of Korea

**Fitness level:** “Above average with room for improvement.”

**Did you face any obstacles along the way? How did you overcome them?** “I had a hiccup during my Alpha Warrior regional competition and wasn’t sure if I was going to be able to continue. My normal workout routine didn’t change though. When I got the notification that I would be able to compete at the super regional competition, I was beyond elated to be able to represent Team Osan against the rest of the Pacific Air Forces qualifiers.”

**When did you start training for this competition?** “I found out about this competition about a month before the regionals. At that point, I did some specific training to become better in the Battle Zone area of the Alpha Warrior rig. Prior to that, my fitness regimen consisted of overall, general physical preparedness which allowed me to adapt pretty quickly to the Alpha Warrior requirements.”

**How does it feel to make it to the Final Battle?** “I’m very excited to be able to represent the Air Force in this capacity. This opportunity wasn’t on my radar, but I took a swing at it. The competition looked fun, and I’ll continue to do what I can

to perform at a high level.”

**How has Alpha Warrior helped you improve your functional fitness level?** “The Air Force Alpha Warrior program has shown me a few holes in my typical fitness capabilities. The rig adds an aerial gymnastics component that many aren’t use to ... having to be aware of your body in space, while using odd objects to traverse, but still maintain control in a specified area.”

**What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation?** “Try new things. Fitness training is about bettering yourself so

that you can continue to do the things you love, or get better at them. Hitting the normal routine every day doesn't boost your overall preparedness. The Alpha Warrior program has infinitely scalable methods of training that lead to increased fitness capability. The showcase that the qualifiers were able to demonstrate on the rig is more advanced, and may seem daunting, but anyone and everyone can get a good workout in and learn how to conquer the obstacles if they try and continue to improve themselves."

**What would you say to those people who may view Alpha Warrior equipment as "only something top-level athletes" can use?** "The Alpha Warrior equipment is for anyone that is willing to learn.

Anyone at any level, from young children to late-year adults can increase their capabilities. If they get with a certified Alpha Warrior coach (in their squadron or fitness center), the coach can work with them to become better."

**Do you have a unique or interesting story in relations to nutrition or fitness?** "I've competed in various CrossFit competitions over the last 10 years and have really enjoyed the journey that fitness has provided. There have been ups and downs with pains, strains and injuries from time to time, but those experiences gave me goals and I was able to find a way -- without surgery or medication -- to bounce back. It wasn't always pain-free, but I did it. Through physical therapy and a continued drive to improve my fitness, I've found that I'm faster, stronger and more capable now in my mid 30s than I was when I was in my 20s."