



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. Layne B. Mayerstein, Explosive Ordnance Disposal Flight Chief, Osan AB, Republic of Korea

Fitness level: “Respectable. Six days a week of functional fitness for the past 10 years.”

Did you face any obstacles along the way? How did you overcome them? “Work-related injuries and surgeries but I accomplished aggressive physical therapy protocols and rebuilt.”

When did you start training for this competition? “I don’t really train specifically for Alpha Warrior but I do use the rig to increase my overall fitness. My family and I love to work out on the rig.”

How does it feel to make it to the Final Battle? “Good. I made it to San Antonio last year and need to redeem myself for such a poor performance.”

How has Alpha Warrior helped you improve your functional fitness level? “If nothing else, Alpha Warrior has gotten me to work on my mobility. I’m more resilient and capable, which will increase my longevity.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “My whole family gets on the rig with me. We have a group that hits the rig during workouts on Saturdays. If you’re in my area come out and play!”

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “There’s nothing that requires being a ninja to gain something from the rig. All you need is a little effort, patience and guide; installations with rigs likely have Alpha Warrior coaches. Heck, I’m a level 2 coach ... look me up and I’ll help you out through correspondence or find you someone that can help in person!”

Do you have a unique or interesting story in relations to nutrition or fitness? “I recently accomplished my first Spartan; my wife bought me a ticket as a Father’s Day gift. She signed me up for a Beast. There were so many people that I gained energy from during that race in single serving communications as I passed them or they passed me. It was such a positive experience that I can’t wait to have my family with me on the next one.”