



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. Arielle Miller, bioenvironmental engineering readiness officer, Edwards AFB, California

Fitness level: “Better than average; I am still working on it through lots of hard found time and consistency.”

Did you face any obstacles along the way?

How did you overcome them? “I tore a tendon in my ankle a few months ago; lots of patience, persistence and diligence in physical therapy helped me.”

When did you start training for this competition? “I don’t actively train for this in particular. It’s more of an all-around fitness level I strive for, and (the Air Force Alpha Warrior competition) is a gut check.”

How has Alpha Warrior helped you improve your functional fitness level? “It has encouraged me to maintain my flexibility, increase grip strength and work on body movement in addition to lifting.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “Just go for it. Start by touching it, five minutes is all you need. Just hang on some stuff. Play around as a warmup or cool down to start.”

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “False. You’re making excuses and limiting yourself.”

Do you have a unique or interesting story in relations to nutrition or fitness? “I am prone to overuse injuries and engage in many sports that often will result in strains, tears or fractures. Finding a way to train to help me withstand these injuries has lead me to be able to compete here.”

Final thoughts? “Thank you for having me! I support you all in reaching your potential.”