



# 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. Jesse Montgomery, C-130 structures engineer, Robins AFB, Georgia

**Fitness level:** “I consider myself to be fairly strong. I have been a rock climber for many years which I think provided a good base level of upper body fitness for Alpha Warrior.”

**Did you face any obstacles along the way? How did you overcome them?** “No major obstacles so far. I try to stay injury free. The hardest part is usually making time to train between work and other obligations, but I find when I make working out a priority I often feel much more energized for other aspects of my day.”

**When did you start training for this competition?** “I first jumped on the rig back in February after the Alpha Warrior (physical training leader) training on base. Since then, I try to hit the rig at least once a week in addition to my other, regular workouts.”

**How does it feel to make it to the Final Battle?** “It feels great to make it this far. I feel a sense of accomplishment to actually see the results of the training and hard work I have put in.”

**How has Alpha Warrior helped you improve your functional fitness level?** “Alpha Warrior requires not just strength, but also coordination, speed, power, flexibility and confidence. These are such important aspects of being a healthy individual that are often neglected in typical, weight lifting or running based workouts.”

**What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation?** “Go for it! Start slow and work on the easier obstacles. In the beginning you will see quick improvement which is a really awesome confidence booster. The rig isn’t



just about swinging around the obstacles. It can be used in many different ways to work your entire body.”

**What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use?** “False. Anyone can use the rig. You can start just by hanging and supporting your body weight on the obstacles. Then maybe try some pull ups. Then start moving through some of the obstacles. You may be surprised to find that the key to getting through many of the obstacles is coordination rather than pure strength.”

**Final thoughts?** “Traditional weight lifting and running-based workouts are good for improving strength, physique and cardio to a point. However, these types of workouts often get boring as you do the same thing day in and day out and your results start to stagnate. For this reason, most people lose motivation and give up on their workout plan after just a few weeks or months. With something like the Alpha Warrior rig, you can set goals and see clear improvement on a given obstacle or movement, which is really motivating. When you learn to do a new movement you not only gain the necessary strength, but you also improve other important aspects of your fitness like coordination. I find it’s



much easier to stay fit when you are doing something you enjoy. I encourage everyone to find some type of physical activity that they are passionate about whether its obstacle courses, trail running, rock climbing, or anything that gets you excited to go out and move. When you enjoy what you are doing, improvements in fitness will come easily and naturally.”