



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: Capt. Noah Palicia, C-130J instructor pilot, Yokota AB, Japan

Fitness level: “Pretty good overall. I exercise and stay active a lot.”

Did you face any obstacles along the way?

How did you overcome them? “Two knee surgeries, pulled hamstrings, arthritis in my shoulders and rhabdomyolysis.”

When did you start training for this competition? “I’m always training.”

How does it feel to make it to the Final Battle? “I feel very accomplished, especially with the quality of competitors being so high.”

How has Alpha Warrior helped you improve your functional fitness level? “I’ve learned so much about alternate methods to train my entire body in one workout. I’ve also learned

valuable skills to maneuver and control my body in a dynamic movement. Overall, this Alpha Warrior fitness program has improved my muscular strength, muscular endurance, ability to problem solve in a physical environment and my coordination.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “Don’t be deterred by the look of the rig. There are level I, II, and III rigs. There are certified instructors at each fitness center that can help safely coach you to accomplish the rig. There are also many workouts you can do around the rig that don’t take grip strength.”

Final thoughts? “Get with your installation’s force support squadron to see if they host classes to get you involved with the equipment and all of its benefits.”