



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. Adalys Ramirez Amador, Security forces operations officer, Aviano AB, Italy

Fitness level: “High; relative strength, endurance and power. I’ve always gravitated toward fitness. As a little girl instead of watching cartoons, I would turn on the exercise channel and would do aerobics in a leotard and leg warmers. My mom even bought me my own set of mini dumbbells! I also did gymnastics when I was younger. In October 2018 I deployed to Kenya, to pass the time and to motivate my Airmen to get into shape, I taught High Intensity Interval Training (HIIT) classes and did CrossFit daily.”

Did you face any obstacles along the way? How did you overcome them? “I’ve always struggled with eating properly and controlling my portions. It’s not a secret, I’m addicted to chocolate and in a high stress environment food is always easy to turn to. My relationship with food has improved over the years; I’ve learned the best way to stay on track is to be consistent and take it a day at a time. I no longer beat myself up for not being perfect and for not sticking to a perfect diet.”

When did you start training for this competition? “I didn’t specifically train for it. I saw the posters at the gym and thought it would be cool to compete. Before the competition, I was doing HIIT, CrossFit and running regularly.”

How does it feel to make it to the Final Battle? “Amazing! I’ve had a lot of fun and I’m beyond excited to compete in San Antonio. I feel honored to be able to represent security forces.”

How has Alpha Warrior helped you improve your functional fitness level? “It’s improved both my form and speed.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “You lose nothing in trying. I didn’t think I would make it this far but did. Oftentimes waiting for the perfect moment – the moment when you feel completely ready – will prevent you from reaching your full potential.”

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “Top-level athletes had to start somewhere, so take the first step even if it’s intimidating. That’s the only way to grow and see what you’re made of.”

Do you have a unique or interesting story in relation to nutrition or fitness? “I used to have a really unhealthy relationship with food and had a negative body image. It was all or nothing and I didn’t practice moderation. Once I started to relax and gave myself permission to make mistakes, I then started to gain control of my health. Being strong wasn’t in back then, so I wanted to be skinny which my body type isn’t. Now I celebrate my body and all it can do.”

Final thoughts? “I’d like to thank my commander, chief, senior NCOs, NCOs and Airmen that have supported me along the way. I appreciate what you do and hope to make you proud.”