



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. Rhett Spongberg, T-6 instructor pilot, Laughlin AFB, Texas

Fitness level: “Moderately fit, I have fun.”

Did you face any obstacles along the way? How did you overcome them? “A myriad of broken bones and dislocations.”

When did you start training for this competition? “I didn’t.”

How does it feel to make it to the Final Battle? “It’s fun.”

How has Alpha Warrior helped you improve your functional fitness level? “It is a great way to get people engaged in functional fitness. It encourages me to keep functionally fit.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “Go have fun.”

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “It’s not but I understand it can be intimidating.”

