



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. Michelle Strickland, student pilot, Columbus AFB, Mississippi

Fitness level: "Excellent. I exercise regularly with a combination of weights, martial arts and calisthenics."

When did you start training for this competition? "I didn't."

How does it feel to make it to the Final Battle? "Fantastic!"

How has Alpha Warrior helped you improve your functional fitness level? "It has challenged me to perform functionally, as opposed to just focusing on having the most muscle possible."

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? "Do it."

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “Be a kid again, play on the rig and challenge yourself. Leave your ego at the door. If you’re too scared to ever try, you’ll never improve.”

Do you have a unique or interesting story in relation to nutrition or fitness? Yes, I’m vegan and have been for 5 years.

Final thoughts? Vegan power!