



Military Current Event: Change In Air Force PT Culture

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Table of Contents

- The Change to “Alpha Warrior”
- Why this is Better for Airmen
- Joint Service Competitions





“Alpha Warrior”

Described as: “Cross Fit meets American Ninja Warrior”

Different Styles of Training

Weights

- Not Restricted By Body Weight
- Best Way to Develop Muscle
- Clearer Progressive Training

Calisthenics

- No equipment Required
- Improves Flexibility
- Overall Endurance
- More Full Body Movements



“Someone’s got to own it.”

– Chief of Staff Gen.
David Goldfein

Effect on Airmen



From left, brothers Army Lt. Col. Eric Palicia and Air Force Capt. Noah Palicia take on a weightlifting obstacle during the 2019 Alpha Warrior Inter-Service Battle



Warrior Ethos

In Summary

- The Change to “Alpha Warrior”
- Why this is Better for Airmen
- Joint Service Competitions



Questions?



End Notes

1. Brian Everstein, *"Air Force Looks to 'Alpha Warrior' to Change PT Culture"*, Air Force Magazine, 26 September 2019,
2. Steve Warns, "AF Alpha Warrior Program Ensures Airmen's Functional Fitness", U.S. Air Force, 14 April 2017
3. Danielle Hill, "Calisthenics vs. Weightlifting", LIVESTRONG.COM