

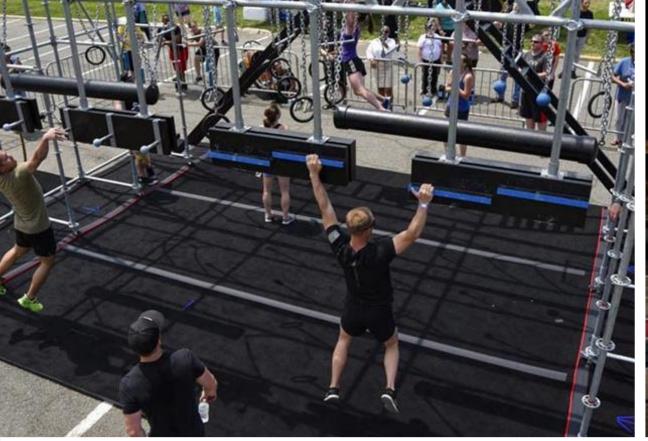
Military Current Event: Change In Air Force PT Culture

C/2d Lt. Katherine Donovan

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"

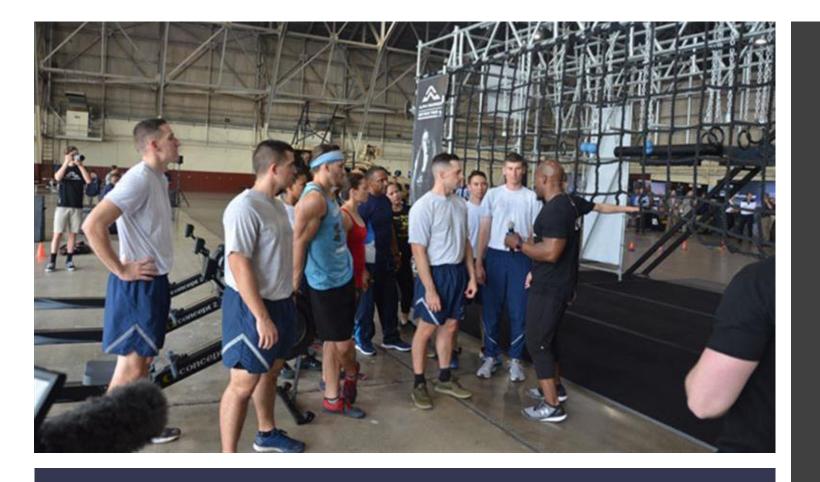
Different Styles of Training

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

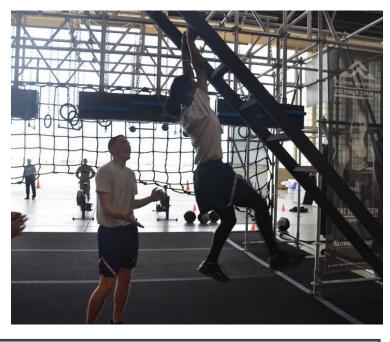
Effect on Airmen



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





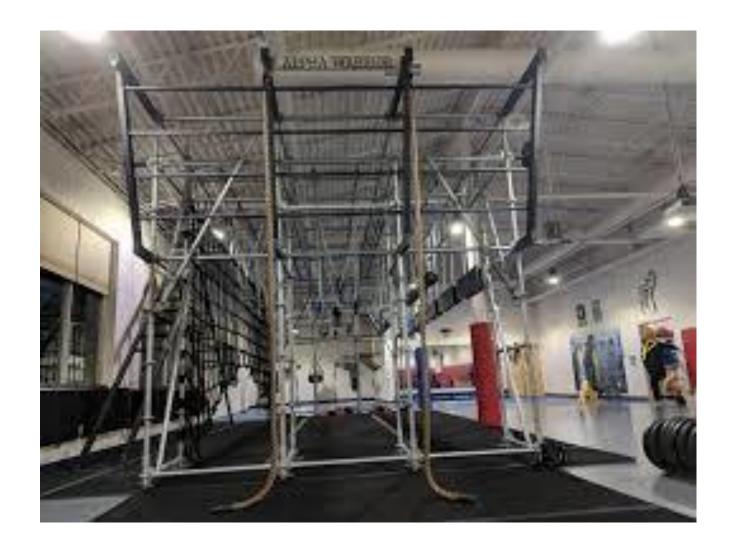




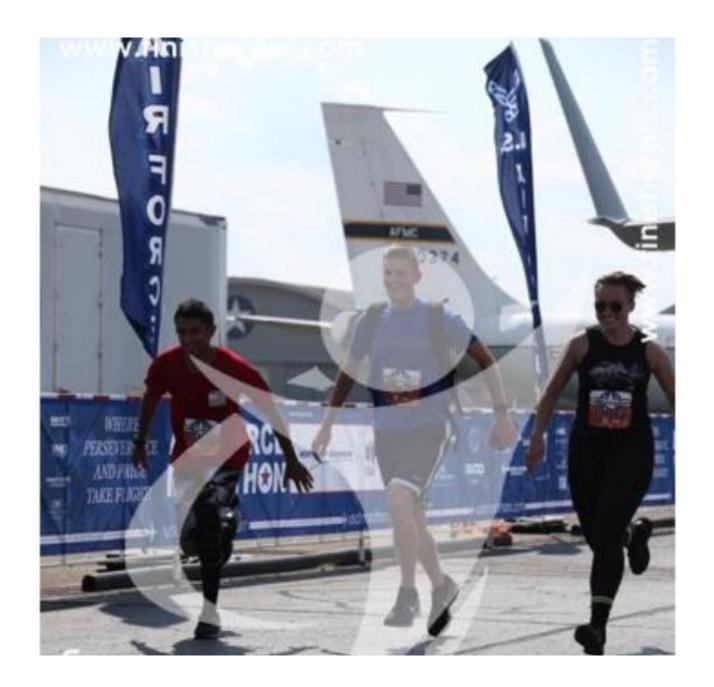
Warrior Ethos

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