

# AIR NATIONAL GUARD

## ***About the Air National Guard Mobile Experience Physical Challenge***

The *Air National Guard Mobile Experience Physical Challenge* will debut this year at Reebok Spartan and Lucas Oil Motocross races. The experience will test your strength and agility with a timed physical obstacle course that is designed to make you feel as though you are completing obstacles at Basic Military Training. You must complete each obstacle correctly or incur a time penalty. Top finishers will be showcased on a leaderboard at each event.

The *Air National Guard Mobile Experience Physical Challenge* includes the following obstacles:

- Box jumps
- Cargo rope climb
- Pull-ups
- Cliffhanger challenge

## **About Basic Military Training (BMT)**

In BMT, you'll learn the basics of Air Guard knowledge, as well as start the most intense fitness training of your life. Each week will focus on a new area to make you an elite Airman. You'll learn fundamental combat and survival skills, as well as how to communicate in the battlefield. You'll push your mental stamina to the limit and find out just how strong you really are when you face the ultimate obstacle course. Later, prepare yourself for an adrenaline rush where you'll test your new skills by going head-to-head with other enlistees in simulated hand-to-hand combat scenarios. All your preparation really gets tested in the Basic Expeditionary Airmen Skill Training. Finally, in week eight, you have made it! It's graduation week, and you have a lot to be proud of.