

AIR NATIONAL GUARD

About the Air National Guard Mobile Experience Physical Challenge

Returning this year is the Air National Guard Mobile Experience Physical Challenge. This experience tests your strength and agility and makes you feel as though you are completing Basic Military Training. You race through a timed obstacle course and must complete each obstacle correctly or a time penalty is incurred. Top finishers are showcased on a leaderboard throughout the event.

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

- Box jumps
- Cargo Net Traverse
- 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.