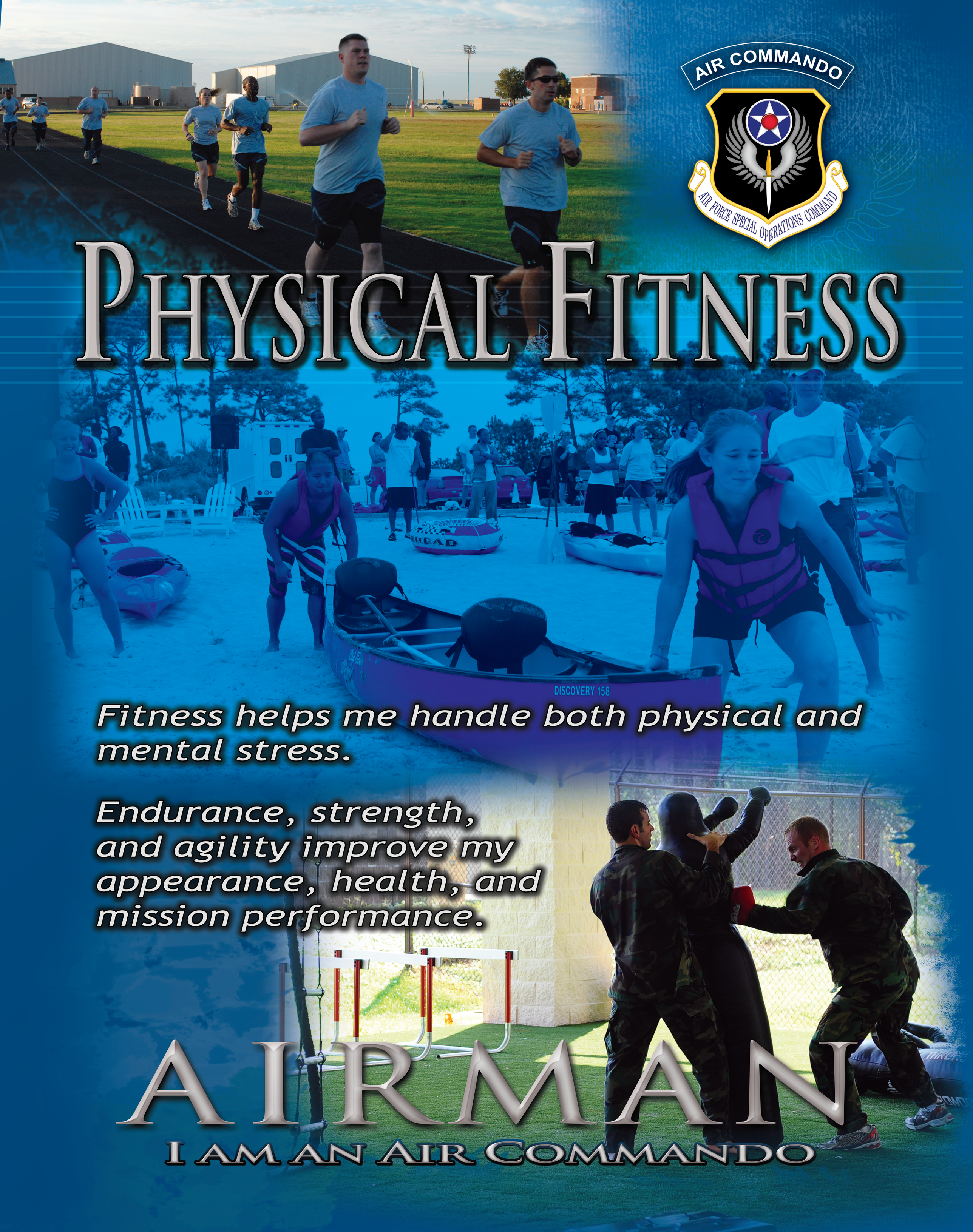
AIR COMMANDO
AIR FORCE SPECIAL OPERATIONS COMMAND
PHYSICAL FITNESS
DISCOVERY 158
Fitness helps me handle both physical and mental stress.
Endurance, strength, and agility improve my appearance, health, and mission performance.
AIRMAN
I AM AN AIR COMMANDO