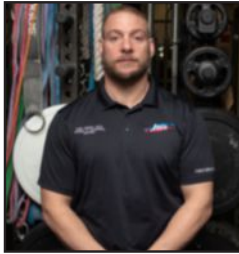


## HEAD STRENGTH & CONDITIONING COACH

### Reilly Kelleher CSCS, TSAC-F, USAW

Mr. Kelleher joined the Buckner Fitness Center Staff in September 2010. Prior to that, He was an Assistant Fitness Manager at Joint Base Lewis-McChord, WA. He is Certified through the National Strength and Conditioning Association as a Strength & Conditioning Specialist & Tactical Strength & Conditioning Facilitator. Kelleher is also certified through USAW (USA Weightlifting) as a Sports Performance Coach. He earned his bachelors degree in Exercise Science in 2008 from Central Washington University.

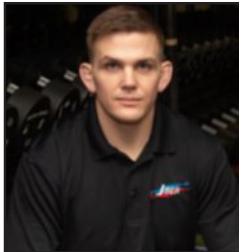


907.384.1311 • joseph.kelleher.2@us.af.mil

## ASSISTANT STRENGTH & CONDITIONING COACH

### Michael Larson CSCS, FRCms, RPR

Mr. Larson joined the Buckner Fitness Center staff in November 2020. Prior he was the Associate Director of Athletic Performance at the University of Missouri where he assisted teams to 10 Conference Championships, with 32 All American, 4 National Champions, and 1 Olympic Medalist. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, Certified Functional Range Conditioning Mobility Specialist, and Reflexive Performance Reset Level 2 Certified. Larson wrestled for the University of Missouri where he was a Big 12 Champion, Division I All American, and University Greco Roman National Champion.



907.384.1311 • michael.larson.29@us.af.mil

## MISSION STATEMENT

At JBER Strength and Conditioning we specialize in warfighter performance. As a professional strength and conditioning outfit, our focus is to strengthen the fighting force with proper interpretation and application of researched and field tested techniques to increase performance, reduce injuries, and adapt to MOS specific requirements.

## OPEN GYM:

During PT hours:

Mon. - Fri. • 6:30 - 8 a.m.

*\*Closed on Training Holidays and Federal Holidays\**

## CONTACT INFO

**Buckner Fitness Center**

**Bldg. 690 • 907.384.1369**

**Buckner Facility Director:**

**John Limon CEP, CSCS**

**907.384.1313**

**john.limon.1@us.af.mil**



**BUCKNER FITNESS CENTER**

**JBER, ALASKA 99505**

**BLDG. 690**

**907.384.1369**



ELMENDORF-RICHARDSON  
**FORCE**  
SUPPORT SQUADRON

## UNIT SERVICES OFFERED

### 1 Day Functional Mobility Workshop

- Learn the importance of joint mobility and proper techniques to enhance active range of motion.

### 3 Day Functional Fitness Workshop

- Tired of the barbell? Utilize TRX, Kettlebells, resistance bands and medicine balls to create an effective PT Session

### 3 Day Basic Barbell Workshop

- Learn basic barbell movements: bench, squat, deadlift, and press
- Main objective is teaching proper technique, spotting and providing assistance exercises to enhance those movements

### Strength and Conditioning Sessions

- Tailored to meet unit needs
- Enhance physical fitness readiness
- Educate military members on the importance of strength & conditioning

## INDIVIDUAL SERVICES OFFERED

*Services available for military personnel*

- **Physical Training Programs for military schools**
- **Personalized Physical training plans for:**  
*to improve PT Scores, body composition, and overall physical conditioning.*

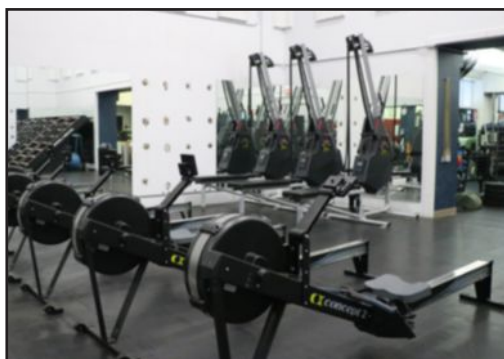
## INDIVIDUAL TESTING OFFERED

*Services available for military personnel*

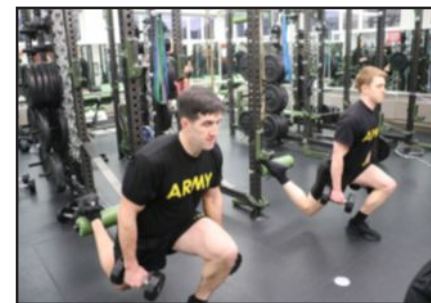
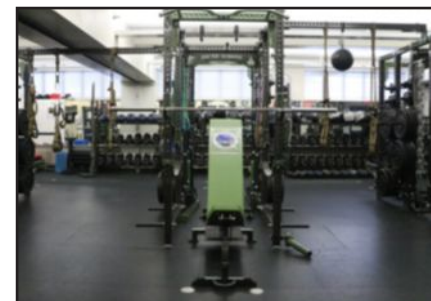
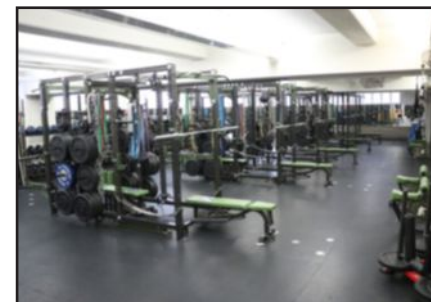
- **Body composition assessments**
- **V02 Testing (lab & field)**
- **Gait Analysis**
- **Functional Movement Screening**

## JBER STRENGTH & CONDITIONING FACILITY

The JBER Strength & Conditioning Facility is a 2,500 square foot weightlifting facility, located in room 133 of Buckner Fitness Center. In addition to the weight room, the facility has a 1,000 square foot room that the warfighters can use for cardiovascular development (*rowing machines, Jacob's ladders, ski ergs, stationary bikes and rope trainers*). The JBER Strength & Conditioning houses some of the most updated equipment in the military. The facility features 10 custom power racks, ten fully adjustable benches, five jammer arm attachments, five landmine attachments, four Lat pulldown/ low row machines and four belt squat machines. The facility includes bumper weights totaling over 6,000 pounds. There are two sets of center mass bells, dumbbells and multiple kettlebells and TRX suspension trainers.



## THE FACILITY



## HOW TO RESERVE SESSIONS / WORKSHOPS

To get a reservation form, Email the Strength & Conditioning Staff: [joseph.kelleher.2@us.af.mil](mailto:joseph.kelleher.2@us.af.mil) or [michael.larson.29@us.af.mil](mailto:michael.larson.29@us.af.mil)

**ARCTIC STRONG**