

**Keeping Focused** Cadet Vanderheiden (left) prepares himself for a deadlift.

**Pushing Yourself** Cadet Warters (below) appears to hit his limit, but keeps going.







Setting Up Cadet Lin (above) finds his way around the machinery of the weight room.

**Plenty of Opportunity** The CMA weight room contains six machines and over

3,500 lbs. of interchangeable weights, allowing any and all cadets to achieve their physical goals day and night.



Wok Out Captain Wang (above) finds great enjoyment in