

## Carry That Weight

Photo from National Air and Space Museum



*In a World War II-era propaganda shot (above), USAAF student bombardiers hoist 100-pound dummy bombs overhead. It was part of daily calisthenics and strength training at Midland Army Airfield, Tex., the High Plains home of what Life magazine once called "the world's largest bombardier college." Graduates were known as "Hell-from-Heaven Men," in reference to the punishment they delivered from the air. In today's Air Force, they do things differently, but some things never change. At right, trainees perform timed push-ups.*



USAF photo by Melinda Mueller