



TEAM GREENS PLUS™

Conquered summits of
Mount Rainer, Mt. Orizaba,
and La Malinche

Preparing for Mount
McKinley Expedition 2009



"At high altitudes I can't afford to be sore or dehydrated. I never leave base camp without Greens Plus, Pro-Relief Plus and Omega 3 Chia."

jimbobvero@gmail.com



NAME

Jimmy Moran

HEIGHT

6'1"

WEIGHT

190 lb

OCCUPATION

Mountain Climber

SUPPLEMENT PROGRAM

Daily:

Original Greens Plus,
Pro-Relief Plus,
Immune Guard

Pre-training:

Omega³ Chia Energy Bars

WEEKLY TRAINING SCHEDULE

Weightlifting 5x
Maui-tai Boxing 2x
Stair Climbing 2x
Rock Climbing 1x