



# TEAM GREENS PLUS™

Nineteen-time British National Skydiving Champion 1985-2003

Approaching World Record 25,500 jumps

NAME

Pete Allum

AGE

43

WEIGHT

158 lb

OCCUPATION

Professional Skydiver

*"When training, coaching and travel push me to the limit, Greens Plus gives me the energy I need to pursue my ultimate dream."*

peteallum@aol.com



SUPPLEMENT PROGRAM

*Daily:*  
Original Greens Plus

*Pre-training:*  
Natural Energy Bars

*Post-training:*  
Natural Protein Bars

Running 2x  
Cross training 2x  
Power Yoga 3x  
Skydiving, 7 days a week

WEEKLY TRAINING SCHEDULE