



TEAM GREENS PLUS™

Buell Lightening Series
National Champion 2000

Hooters Suzuki
Team Captain

mciccotto@earthlink.net

NAME

Mike Ciccotto

AGE

38

WEIGHT

150 lb

OCCUPATION

AMA Formula Extreme
Road Racer

SUPPLEMENT
PROGRAM

Daily:
Original Greens Plus,
Pro-Relief Plus

Pre-training:
Energy Bars, Omega³ Chia

Post-training:
Protein Bars, Omega³ Chia



"Greens Plus gives me the energy I need to fuel my workouts and the endurance to run the most grueling road races. I'm hooked."

WEEKLY
TRAINING
SCHEDULE

Bicycling 5x
Weight training 3x
Surfing/swimming 3x