



TEAM GREENS PLUS™

X Games 2004-2005
Surf Champion

"I can really feel the difference Greens Plus makes. When I'm traveling the world and surfing 4 hour sessions, I know I can count on the Protein Bars to bring me back to where I need to be."

tigerman1234@aol.com



NAME Peter Mendia

AGE 33

HEIGHT 6'1"

WEIGHT 195 lb

OCCUPATION Professional Freestyle
Big Wave Surfer

SUPPLEMENT PROGRAM
Everyday:
Chocolate Protein Bars
Omega³ Chia



WEEKLY TRAINING SCHEDULE

Surfing 7x
Cycling 5x
Stretching 7x