

**SMASH** 30

**TRAIN  
FAST  
SMASH  
1:1 COACHING  
PROGRAM**

**UNLOCK YOUR 20**



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# INTRODUCTION



## UNLOCK YOUR 2.0

This is the program you've always needed! It's 30 days dedicated to changing your lifestyle and helping you become a superior version of yourself. It's time to leave the old version of you behind and unlock your 2.0. If you are looking for another diet where 95% of people fail, this program is not for you because we do not forget. Why? Average is the enemy, and mediocrity is never accepted.

## The SMASH 30

**SMASH 30 is a 30-day program designed to push you physically and mentally.** Mr. SMASH, an expert in human performance, fasting, and mindset coaching, leads it. This program uses fasting protocols, evidence-based nutrition, and personalized training to unlock a superior version of yourself.

## Our Approach

At SMASH HQ, real change comes from a you vs you mindset. You can unlock your full potential by mastering fasting, fine-tuning your nutrition, and following a structured training plan. SMASH 30 is more than just a program; it's a lifestyle for those ready to challenge themselves and achieve more.



# MEET STEVE "MR. SMASH" OROSCO

## Background

Mr. SMASH is a former professional MMA fighter and the founder of SMASH HQ, the professional MMA league, SMASH Global, and SMASH Sups, which produces the most efficient fasting supplement on the planet. With an MBA and an MSM degree and over 25 years of experience in human performance, Mr. SMASH is known for his expertise in mindset coaching, fasting knowledge, and functional training.

## Career Highlights

Mr. SMASH started his athletic career representing the Rhode Island National Freestyle Wrestling Team and moved on to professional MMA. His deep understanding of the sport and business led him to create high-end entertainment events for MMA, elevating its prestige.

## Returning to His Roots

After a decade in Los Angeles, Mr. SMASH returned to Connecticut, where his passion for human performance was taken to the next level. He established SMASH HQ, an institute focused on advanced human performance, focusing on physical, cognitive, and emotional capacities into one complete system. Mr. SMASH's experience spans all levels of competitive sports, from training elite high school All-Americans to world champions.

## The One Meal A Day Lifestyle

Mr. SMASH is a leader in the One Meal A Day (OMAD) lifestyle. He uses fasting for mental clarity, physical resilience, and overall well-being. His approach combines proven techniques with the latest research to help individuals reach their peak.

# BENEFITS OF SMASH 30



## Physical Changes

SMASH 30 is designed to create noticeable physical changes. Participants can expect better muscle tone, fat loss, and increased stamina. The combination of fasting, targeted nutrition, and structured training will help you build a lean, muscular body while boosting your metabolism.

## Mental Clarity

Fasting has a powerful effect on mental clarity. SMASH 30 can help clear brain fog, improve focus, and enhance cognitive performance by reducing inflammation and stabilizing blood sugar levels. You'll find yourself thinking more clearly and making better decisions.

## Long-Term Health

Fasting activates pathways in the body that promote autophagy cellular repair and reduce the risk of chronic diseases. By incorporating fasting into your routine with SMASH 30, you're improving your health now and investing in a healthier future.

## Support and Accountability

There's a reason why 95% of diets fail. One of the main reasons people succeed with SMASH 30 is the support and accountability provided by Mr. SMASH. The weekly calls, email support, and structured program ensure you stay committed and motivated, overcoming challenges with expert guidance.

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# PROGRAM BREAKDOWN

## SMASH SUPPLEMENTS: FASTING ESSENTIALS



### Product Overview

FAST ON is a mineral complex designed to support your body during fasting. It helps maintain hydration, speed recovery, and sustain energy, ensuring you perform well even during extended fasts.

### Key Benefits

- **Hydration:** Helps keep your body hydrated, preventing issues like headaches and fatigue during fasting.
- **Recovery:** Promotes muscle recovery after workouts, helping you maintain strength and endurance.
- **Performance:** Supports mental and physical performance, pushing you through challenging periods.



### Product Overview

FAST OFF is designed to reset your gut using nutrient-rich animal-based superfoods. It helps restore gut health, strengthen digestion, and provide essential nutrients needed for recovery after fasting.

### Key Benefits

- **Gut Health:** Promotes a robust, healthy digestive system that is vital for overall health.
- **Nutrient Absorption:** Enhances how your body absorbs nutrients, maximizing the benefits of your diet and supplements.
- **Recovery & Adaptation:** Supports your body's recovery and adaptation to new dietary patterns and physical demands.



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# PROGRAM BREAKDOWN

## WEEKLY TV COACHING CALLS

### Personalized Guidance

Each week, you'll have a one-hour, one-on-one coaching video call with Mr. SMASH, who will guide you through the program. These sessions provide personalized support, helping you stay motivated and adjust your fasting, training, and nutrition as needed.

### Tailored Advice

Mr. SMASH will offer advice based on your progress and adjust your fasting protocols, meal plans, and workouts to keep you on track.

### Mindset Coaching

Mr. SMASH's experience in mindset coaching will be vital to these calls, helping you develop the mental toughness needed to overcome life's challenges.

## TEXT MESSAGE SUPPORT

### Ongoing Support

Throughout the 30 days, you'll have access to Mr. SMASH via text message for any questions or concerns. Whether you need advice on what to eat, clarification on fasting, or help with your workouts, Mr. SMASH will provide timely responses to keep you on course.

### Expert Advice When You Need It

This support ensures you're never left uncertain about what to do next. Mr. SMASH's guidance will help you make decisions that improve your progress and outcomes.

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# PROGRAM BREAKDOWN

## CUSTOM NUTRITIONAL MEAL PLAN



### 4-Week Time-Restricted Eating Plan

The SMASH 30 meal plan is designed to ease you into more challenging fasting routines. Over four weeks, your eating window will gradually narrow, preparing your body for longer fasts.

#### Key Features

- **Week 1-2:** Begin with a 10-hour eating window, reducing it to 8 hours by the end of week 2. Focus on nutrient-rich meals that support fasting and recovery.
- **Week 3:** Begin with a 36-hour fast, then reduce the eating window to 6 hours, and introduce intermittent fasting techniques that enhance fat burning and mental clarity.
- **Week 4:** We close the eating window to 4 hours, followed by a final test consisting of a 72-hour fast to conclude the program. These longer fasts will challenge you and help you gain the full benefits of fasting, including cellular repair, improved cognitive function, and a gut and immune system reset.

#### Meal Composition

Each meal plan is balanced with the right mix of nutrients to sustain energy, support muscle recovery, and promote gut health. The plan includes recipes, meal timing suggestions, and tips for managing hunger and cravings.



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# PROGRAM BREAKDOWN

## CUSTOM TRAINING PROGRAMMING

### Adapted to Your Environment

The training program is tailored to complement your fasting and nutrition plan with exercises designed to burn fat, maintain muscle, and improve performance. Mr. SMASH will customize the program to fit your environment, whether you work in a gym or at home.

### Steady Progress

The training program includes a progression of exercises to ensure continuous improvement. You'll start with foundational movements and gradually increase intensity as your strength and stamina build.

### Balanced Approach

The program includes a mix of strength training, cardio, and flexibility exercises to provide a well-rounded approach to fitness. Each workout is designed to work alongside your fasting schedule, optimizing your energy levels and recovery.




The logo for SMASH 30, with 'SMASH' in white and '30' in green, set against a black background with a white dotted pattern.

# SMASH<sup>30</sup>

# PROGRAM PRICING

# \$499

A muscular man with a shaved head, wearing a black tank top with 'SMASH SUPS' printed on it, is shown from the waist up. He is holding a black handle, possibly for a piece of gym equipment. The background is a plain, light-colored wall.

The SMASH 30 program offers excellent value for the price. The \$99 Fasting Essentials kit provides critical support during fasting, while the personalized coaching, meal plan, and tailored training program ensure you meet your goals.

## WHAT YOU GET:

### SMASH Supplements: Fasting Essentials

- **FAST ON:** Hydration, recovery, and performance support during fasting.
- **FAST OFF:** Gut health, nutrient absorption, and recovery aid post-fasting.

### Weekly 1v1 Coaching Calls

Personalized guidance, tailored advice, and mindset coaching directly from Mr. SMASH.

### Text Message Support

Ongoing expert advice and support throughout the program to keep you on track.

### Custom Nutritional Meal Plan

A 4-week time-restricted eating plan with recipes, meal timing suggestions, and fasting protocols.

### Custom Training Programming

A personalized training program adapted to your environment, designed to enhance fat loss, muscle maintenance, and overall performance.

**APPLY NOW**