

FASTING GUIDE: UNLOCK YOUR 20

**MASTER DISCIPLINE,
PUSH LIMITS,
AND REDEFINE
WHAT'S
POSSIBLE.**

A muscular man with tattoos is shown in profile, lifting a dumbbell. He is wearing a black tank top with the word 'SMASH' and 'slips' visible. The image is framed with a white outline.

**SMASH
slips**

FASTING GUIDE: UNLOCK YOUR 20

MASTER DISCIPLINE, PUSH LIMITS, AND REDEFINE WHAT'S POSSIBLE.

This guide is your comprehensive resource for understanding how the power of fasting can revolutionize your fitness, health, and performance. Drawing from my years of experience as an athlete and fasting practitioner, this guide combines science-backed insights with practical strategies to help you unlock the full potential of fasting. Whether you're an athlete aiming to boost endurance, a professional looking for better energy and mental clarity, or simply someone curious about fasting's benefits that range from its impact on autoimmune diseases, weight loss management or anti-aging, this guide is tailored to fit a wide range of goals and lifestyles. From the basics of fasting to advanced techniques for pairing it with your training, you'll find actionable steps to make fasting work for you.

This guide provides a roadmap to achieving discipline, resilience, and balance through detailed success stories, scientific explanations, and personal reflections. You'll learn how to choose the right fasting style, enhance recovery, and integrate fasting seamlessly into your daily routine. With tools, tips, and supplements curated to support your journey, this guide is designed to help you take control of your health and performance. Let this be your starting point for discovering the transformative power of fasting and its lasting impact on your body and mind.

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MY APPROACH TO FASTING AND FITNESS



Hey, I'm Steve - most people know me as Mr. SMASH. For years, I've relied on a disciplined combination of training and fasting to achieve results in and out of the gym. I've trained to peak physical levels for professional MMA fights and worked with elite athletes and performers who trust me to help them achieve their goals.

Fasting is more than a method - it's a mindset that has shaped my approach to health and performance. It's about taking control of your body and focusing on what matters most. There's nothing more rewarding than knowing that your success comes from preparation, mental toughness, and strategic decisions. Whether cutting weight for a fight, optimizing endurance, or coaching clients, fasting plays a crucial role in every phase of my strategy.

What sets fasting apart is how it forces you to be intentional. When fasting, every choice matters - from the nutrients you take to how you structure your workouts and recovery. This level of awareness transforms not just your body but your mental clarity and discipline. For me, fasting has been the key to staying lean, maintaining peak endurance, and staying sharp mentally - even under high-pressure situations.

Beyond my results, I've guided countless clients - from celebrities and competitive athletes to executives and those looking for an alternative approach to combat autoimmune diseases - to harness the power of fasting. They've used it to achieve diverse goals, like improving muscle definition, increasing endurance, and gaining a mental edge. Each success story proves that fasting isn't just another diet; it's a comprehensive tool that delivers results correctly. I consider it the ultimate health hack.

Whether you want to level up your fitness or improve overall well-being, fasting offers a path to do both. It's not always easy, but the rewards are undeniable.

If you're ready to challenge yourself and see what you're truly capable of, fasting can be the game-changer you've been waiting for.



THE SCIENCE OF FASTING: HOW IT REBUILDS YOUR BODY AND MIND



Fasting activates natural processes that enhance both physical and mental performance. Here's how it works:

- **Human Growth Hormone (HGH) Boost:** When you fast, HGH levels increase dramatically, supporting faster recovery and better fat metabolism. ([Ho et al., 1988](#))
- **Cellular Renewal:** Fasting triggers autophagy, a process where your body clears out damaged cells and regenerates healthier ones. This is vital for recovery and long-term health. ([Levine & Kroemer, 2008](#))
- **Improved Fat Utilization:** Your insulin levels drop, prompting your body to use fat as a primary fuel source instead of storing it. ([Anton et al., 2018](#))

When fasting, your body undergoes a metabolic shift, entering a state called ketosis. In ketosis, your body produces ketones, which provide a steady and efficient energy source for your brain and muscles. This reduces the energy crashes you'd typically experience when relying on carbs and sugars. ([Cahill, 2006](#))

Another key benefit of fasting is its ability to lower inflammation. Chronic inflammation is one of the silent killers in athletic performance and overall health, leading to slower recovery and reduced efficiency in training. By incorporating fasting, you allow your body to focus on repairing itself, free from the constant demands of digestion.

Fasting also strengthens the gut, which many athletes overlook. A healthy gut improves nutrient absorption and reduces bloating, making you feel lighter and more agile during training. Emerging studies even suggest that fasting can enhance immune function by promoting a healthier balance of gut bacteria. This holistic approach to performance makes fasting a valuable tool for athletes and anyone looking to improve their well-being.

The long-term effects of fasting also include better metabolic health, such as improved blood sugar regulation and reduced risks of chronic conditions like Type 2 diabetes. Thus, fasting is a strategy for short-term gains and long-term vitality and resilience.

FASTING STYLES TAILORED FOR ATHLETES



Fasting isn't one-size-fits-all. Your fasting approach should match your goals and training schedule as an athlete or performer. Here are the options I recommend:

Intermittent Fasting (IF):

- **How It Works:** You fast for 16 hours and eat during an 8-hour window. For example, you might eat from 12 PM to 8 PM and fast the rest of the day.
- **Why It Works:** It's simple, flexible, and fits most training schedules. It supports fat loss while preserving muscle mass and energy levels.
- **Pro Tip:** Combine IF with strength training during the eating window to maximize recovery and performance gains.

Multi-Day Fasting:

- **How It Works:** These fasts typically last 24-72 hours. I use them during recovery weeks or when I need to reset physically and mentally.
- **Why It Works:** Multi-day fasting enhances cellular repair, reduces inflammation, and improves mental clarity.
- **Pro Tip:** Plan multi-day fasts during lower-intensity training periods to avoid burnout.

OMAD (One Meal a Day):

- **How It Works:** You eat one large, nutrient-packed meal and fast for the remaining 23 hours of the day.
- **Why It Works:** OMAD helps build discipline and simplifies your routine, making it ideal for busy athletes.
- **Pro Tip:** Ensure your one meal includes enough protein, healthy fats, and carbs to sustain your energy and recovery needs.

Each of these fasting styles has its place, and the key is experimenting to find what works best for your body. For example, IF is great for maintaining a lean physique while staying energized for daily workouts, whereas multi-day fasting can act as a reset after a demanding season. Understanding your goals will help you choose the right approach.

For athletes in high-performance settings, the flexibility of these styles allows fasting to adapt to even the most rigorous schedules. Whether preparing for a competition or staying active, fasting offers a customizable framework to optimize your results.

MAXIMIZING PERFORMANCE WITH FASTING



Let's talk about the benefits fasting brings:

- **Targeted Fat Loss:** Fasting trains your body to rely on fat energy stores, essential for endurance athletes and anyone trying to stay lean. When comparing fat and glucose and energy sources, fat provides significantly more energy than glucose.
- **Sharper Mental Focus:** Ketones provide a reliable energy source for your brain, improving reaction time and decision-making. ([Cahill, 2006](#))
- **Faster Recovery:** Fasting reduces inflammation and oxidative stress, which helps muscles recover faster. ([Longo & Mattson, 2014](#))
- **Improved Endurance:** Studies show that fasting improves mitochondrial efficiency, allowing your muscles to work harder for longer.

Fasting enhances metabolic flexibility, ensuring your body can adapt to varying demands. This means better energy management during training and more effective recovery after intense sessions. Over time, you'll notice better overall performance, whether you're competing or simply staying active.

Another hidden benefit of fasting is its impact on mental resilience. Training and performing while fasting teaches you to push through discomfort and focus on your goals. It's as much a mental challenge as a physical one, and mastering that balance can give you an edge over the competition.

Fasting has also improved cardiovascular markers such as resting heart rate and blood pressure, which are critical for endurance sports athletes. Incorporating fasting into your routine doesn't just enhance your performance today - it sets you up for long-term health and success.

STRATEGIES TO PAIR FASTING WITH EFFECTIVE TRAINING



Fasting and training can complement each other beautifully when done correctly. However, the key is understanding how to structure your workouts and recovery to maximize results without overloading your body. Here's what I've found works best for me and the athletes I work with:

- **Fasted Morning Cardio:** Starting your day with low-to-moderate intensity cardio on an empty stomach is one of the best ways to tap into fat stores. I recommend steady-state exercises like jogging, cycling, or brisk walking for 30-45 minutes. Not only does this optimize fat-burning, but it also boosts mental clarity and sets a positive tone for the day. Remember that your liver boosts the production of glucose upon waking up, so there is no immediate need for food in the morning.
- **Strength Training While Fasting:** Resistance training in a fasted state might sound counterintuitive, but it can be incredibly effective. Human growth hormone levels are higher when your body is fasted, supporting muscle repair and growth. Focus on compound movements like squats, deadlifts, and pull-ups to maximize your workout.
- **Breaking the Fast Smartly:** Timing your post-workout meal is critical for recovery. I prioritize lean proteins like chicken or fish, healthy fats such as avocado or nuts, and complex carbs like quinoa or sweet potatoes. This combination helps rebuild glycogen stores, repair muscle tissue, and stabilize energy levels.
- **Hydration is Key:** Dehydration can hinder performance, especially during fasted workouts. Electrolytes like sodium, potassium, and magnesium are essential. I add a pinch of Himalayan salt to my water or use an electrolyte supplement to stay balanced.

Pro Tips for Combining Fasting and Training:

- **Start slow:** If you're new to training while fasting, begin with lighter sessions and gradually increase intensity.
- **Listen to your body:** Fatigue, dizziness, or unusual weakness can be signs you need to adjust your routine.
- **Experiment:** Everyone's body responds differently. Try different fasting windows and workout timings to find your ideal balance.

Fasting and fitness are a dynamic duo. With the right strategies, you can unlock untapped potential and achieve both short-term results and long-term health benefits.

RECOVERY HACKS TO GET THE MOST FROM FASTING



Recovery is a critical component of any fitness regimen, and fasting offers unique opportunities to enhance it. Here's how to ensure your recovery game is on point while fasting:


- **Electrolyte Balance:** Fasting can deplete your body of key electrolytes, which are essential for muscle function and energy. Incorporate magnesium, potassium, and sodium into your hydration routine. Coconut water and electrolyte powders are great options.
- **Optimize Sleep:** Fasting can improve sleep quality, but you can maximize this benefit by sticking to a consistent sleep schedule, creating a dark and quiet environment, and avoiding screens an hour before bed. Quality sleep helps your body repair and reduces the risk of overtraining.
- **Active Recovery:** On fasting days, incorporate low-intensity activities like yoga, stretching, or foam rolling. These exercises promote blood flow, reduce muscle soreness, and enhance flexibility.
- **Breaking Your Fast Wisely:** When reintroducing food, focus on nutrient-dense, easily digestible options like bone broth, eggs, and steamed vegetables. Avoid ALL processed foods or high-sugar items that can cause inflammation and energy crashes.

Additional Tips:

- **Monitor Recovery Time:** If your muscles feel sore or tired, consider extending your eating window to support repair.
- **Use Supplements Wisely:** Adaptogens like ashwagandha can help manage stress levels, while omega-3s reduce inflammation.
- **Track Progress:** Use apps or journals to note how you feel during fasting and recovery. Adjust your approach as needed.

By focusing on recovery, you're not just repairing your body but preparing it to return stronger. Remember, fasting is a tool to enhance your performance, not to overburden your system.

FREQUENTLY ASKED QUESTIONS ABOUT FASTING



Will fasting weaken me?

No. When done correctly, fasting trains your body to function efficiently using stored fat for energy, enhancing strength and endurance.

Can I train hard while fasting?

Yes, but preparation is key. Ensure you're hydrated, supplement electrolytes, incorporate Creatine and listen to your body's signals. Adjust intensity if needed, especially when starting.

What should I eat to break a fast?

Start with easy-to-digest, nutrient-dense foods like eggs, avocado, or bone broth. Gradually incorporate lean proteins and complex carbs to fuel recovery and maintain steady energy levels.

Does fasting burn muscle?

No. Fasting promotes muscle preservation by increasing human growth hormone (HGH) levels, provided you're consuming adequate protein during your eating window.

What's the ideal fasting schedule for athletes?

It depends on your goals. Intermittent fasting is great for daily performance, while multi-day fasts are better for recovery and metabolic resets. Experiment to find what works best for your routine.

MY TRUSTED TOOLS AND SUPPLEMENTS FOR FASTING



Fasting is powerful, but having the right tools can elevate your experience and results. Over the years, I've relied on specific supplements and strategies to make fasting simpler and more effective, especially during intense training or recovery phases. Here are my essentials for getting the most out of fasting:

FAST ON: Start Strong

Fast On is engineered to support hydration, curb appetite, and optimize performance during fasting. Key ingredients include:

- **Himalayan & Celtic Salts:** For hydration and electrolyte balance.
- **Magnesium Glycinate:** Enhances nerve function and reduces muscle cramps.
- **Aquamin:** Contains 72 trace minerals for bone and nervous system health.
- **Apple Cider Vinegar Powder:** Regulates blood sugar and promotes gut health.
- **N-Acetyl Cysteine (NAC):** A powerful antioxidant supporting liver function and reducing inflammation.
- **Glycine:** Enhances immune function, reduces inflammation, and supports joint and neurotransmitter health.

FAST OFF: Finish Right

Breaking a fast correctly is essential for recovery and nutrient absorption. Fast Off helps your body transition back to eating with these powerful ingredients:

- **Himalayan Pink Salt:** Supports cellular hydration post-fast.
- **Beef Broth & Liver:** Rich in amino acids and nutrients for recovery and digestion.
- **Bovine Colostrum:** Boosts gut health and immune function.

These tools transform fasting into a seamless part of your routine, enhancing performance, recovery, and overall well-being.

SUCCESS STORIES: THOSE WHO EXCEL WITH FASTING



These stories highlight how fasting isn't a one-size-fits-all solution - it's a versatile tool that adapts to your unique needs and goals. Whether you're an elite athlete, an entertainer, or a busy professional, fasting offers benefits beyond the physical, empowering you to achieve more in every aspect of your life.

Mike (State Champion Wrestler):

Mike used intermittent fasting to maintain his weight while improving his strength and endurance. He stayed lean and gained an edge on the mat by timing his eating windows around training. During tournaments, Mike credited fasting with giving him sustained energy and sharper focus compared to competitors who relied on quick carb fixes. His ability to stay disciplined with fasting routines helped him secure his title and maintain peak performance throughout the season.

Sam (Professional MMA Fighter):

After incorporating multi-day fasts into his routine, Sam noticed reduced inflammation and quicker recovery post-fights. Fasting helped him mentally prepare for the demands of the octagon, sharpening his focus and improving his clarity. Sam optimized his recovery by scheduling his fasts during off-training days while maintaining his peak physical condition. He now advocates fasting to his peers, citing it as a physical strength and mental resilience tool.

David (Powerlifter):

David's approach to fasting involved OMAD during his offseason, which helped him manage his weight class while retaining strength. His fasted training sessions pushed his body to adapt and rely on fat stores for energy, improving his metabolic flexibility. David felt lighter and stronger during competitions, attributing his records to the discipline fasting instilled in his routine. His success inspired others in the lifting community to consider fasting as part of their strategy.

Jake (Famous Actor):

A well-known Hollywood actor, Jake adopted intermittent fasting to stay camera-ready for demanding roles. Between grueling shoots and long travel schedules, fasting allowed him to maintain a lean physique and consistent energy levels. He followed a 16:8 fasting protocol, pairing it with bodyweight exercises to stay fit without complicating his routine. Jake often shares that fasting enhanced his physical appearance and kept his focus sharp during emotionally intense scenes, making it an integral part of his lifestyle.

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.

SMASH³⁰

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.

The logo for SMASH 30, with 'SMASH' in white and '30' in green.

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.

SMASH³⁰

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.



SMASH³⁰

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.



SMASH³⁰

PROGRAM PRICING

\$499

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

FINAL THOUGHTS: WHY FASTING IS A FOUNDATION FOR PROGRESS



Fasting isn't just a dietary choice - it's a practice that builds discipline, resilience, and self-awareness. It's been a cornerstone of my journey as an athlete and coach. It's taught me the value of patience, the importance of listening to my body, how to push past perceived limits and prioritizing my relationships with food.

Fasting goes beyond transforming your body - it transforms how you approach challenges in life. It forces you to be deliberate, teaching you to make mindful decisions and embrace moments of discomfort for long-term gain. Over the years, fasting has improved my health and mental clarity, focus, and ability to tackle any goal head-on. These lessons extend beyond the gym - they impact how I show up as a coach, mentor, and individual.

Whether you're chasing performance goals, looking to improve your health, or simply curious about its benefits, fasting offers something for everyone. The beauty of fasting lies in its adaptability - it can be tailored to fit your lifestyle, priorities, and needs. Starting with even small fasting windows can yield surprising results over time. The key is to stay consistent, track your progress, and adjust based on what feels right for your body.

Remember, fasting is not about deprivation - it's about empowerment. It's a way to take control of your health, your energy, and ultimately your life. I've seen it change physiques and perspectives, helping people realize their potential.

For tools, tips, and resources to help you on this path, visit www.smhq.com 

**TRAIN
FAST
SMASH
UNLOCK YOUR 2.0**