



Three P's Of Success

POSITIVITY , PRESEVERENCE ,
PROFESSIONALISM

*"My challenge is with myself
always to be better than yesterday"*



Philosophy

Believe in yourself always

As a former gymnast, my teammates would never say "I can't", and I have carried this mantra with me through all my endeavors. I have lived my life by always doing my best to succeed. The mental and physical benefits obtained through regular exercise and sports has been a foundation that supports everything in my life. The personal rewards of setting fitness goals, having a plan of action and following through are invaluable. A good exercise program results in developing a better body, a healthier mind set, and building the confidence needed to live life optimally. BY varying your daily workout routine you are constantly challenging your body to achieve new plateaus obtain new peak performance.



Oscar Smith

Fitness as a lifestyle

Oscar Smith has had a lifelong dedication to fitness as a lifestyle. He has personally mastered multiple disciplines to develop a specialized training system for total body transformation. His (O-D Studio) fitness services are offered at his chic private training studio located in Tribeca NYC. Oscar's broad experience in sports and fitness, positions him as a forerunner in the fitness arena. Early on 2003, his determination and physical talent enabled him to become the athlete he is today. He hopes to inspire others to achieve their personal fitness and health goals. While in college he went on to develop his physical abilities by becoming a level two all-around gymnast, Track and Field sprinter, Tri-Athlete, Senior Ocean Lifeguard/rescue swimmer. While majoring in Physical Education he also minored in kinesiology/biomechanics and business. With thirty years of experience Oscar's notable accomplishments range in scope. Oscar is a Certified Personal Trainer (ISSA International Sports and Science Association), B.A in Physical Education, Certified Flexibility Technician, U.S.G.F Gymnastics coach, Senior Ocean Lifeguard/ rescue swimmer, USLA Competitor, Tri-Athlete (Olympic distance) and a retired NYPD Detective S.O.D(Special Operations Division-Scuba Team/Air Sea Rescue) The combination of his extensive athletic experience and knowledge cultivated his unique fitness-training system and he continues to create challenging and effective workouts and inspire all.



O-D Studio

Unique Fitness System

O-D Studio puts the "personal" back in personal training by offering clients specialized attention in an intimate and relaxed atmosphere. The core to O-D Studio success is a direct result of Oscar Smith's unique fitness system which continuously improved overall health and optimizes physical results. A forerunner in the fitness arena, Oscar Smith customizes programs utilizing combinations of interval training (cardio and strength training), weight training, boxing/kick boxing, yoga, Pilates, and flexibility training to target every area of the body.

At O-D Studio clients receive one-on-one private sessions and are given the extra special attention and support they need to stay focused and motivated. I personally oversee all of O-D Studio clients to ensure they are progressing toward their goals. I gain gratification from seeing my clients become their personal best.



Clients

My clients also become my friends

Oscar Smith is recognized for shaping some of the most celebrated bodies. His clientele includes a vast majority of recognized supermodels - from high fashion magazines to runway shows to Sports Illustrated and Victoria's Secret's legendary models. As well professional athletes, top CEO's and celebrities rely on Oscar's expertise to keep them in top form.

Celebrities:

Katherine McPhee | Ed Burns | Rosario Dawson | Val Kilmer | Amanda Bynes | David Blaine | Ryan Leslie

Models:

Maryna Linchuk | Catherine McNeil | Anne Vyalitsyna | May Anderson | Anna Jagodzinska | Heather Marks | Anais Mali | Lara Stone | Julia Stagner | Petra Nemcova | Jessica Gomes | Rianne Ten Haken | Selita Ebanks | Valerija Kelava | Marloes Horst | Solange Wilvert | Maxine Shiff | Hailey Clauson among others.

Professional Athletes :

Tom Brady , Michael Strahan



Press Release

THE WALL STREET JOURNAL

WSJ

THE WALL STREET JOURNAL

Smith started training clients in 1990. He opened his first gym in a quiet Tribeca building in 2004, and his philosophy is part Buddhist and part gymnast. A gymnast's strength comes from his core, while Buddhist believes one's soul is in his core. Smith's workout signature is massive core work. When asked; what's the difference between walking a runway in 8 inch stilettos versus shedding a 250 pound defensive end - "really not that much" says Smith

JOHN SIMON DAILY

Oscar confesses that the exercise regiment for celebrities and supermodels are not that different from the average consumer. "Actors generally want to beef up or slim down according to a role or a character they might be portraying and supermodels want to tone up certain body parts or maintain an industry standard size, but outside of that you really train everyone the same."

JSD
JOHN SIMON DAILY

MEN'S HEALTH

Men's Health

Ryan Leslie hired Oscar Smith and says he never misses a work out. "I have been working out every morning and even changed my sleeping habits just so I am able to get in there and really operate". Leslie can't believe how much a regular work out contributes to his success.

W MAGZINE

Like no one else, Smith knows what supermodels need. As a trainer to some of the top names in the business, it's his job to tend to the models bodies - even if it sometimes means showing up at their apartments to drag them to the gym.

W

GQ MAGZINE

GQ

Smith's workouts can be done in your backyard, or in a hotel room when you are on the road. And as long as you've got shoes, shorts and an old Lakers T-shirt, the only thing you need to buy is a jump rope. Smith's philosophy is simple and 100 percent bullshit free: Train in circuits and don't be that guy checking your phone or catching up on SportsCenter for five minutes between every exercise. Keep your workout going, keep your heart rate up, and you will burn more calories and finally get in shape.

MEN'S FITNESS

Oscar's Top Three Tips : Eat like you train, "If you are not dieting, you are never going to get lean" says Smith. "Nutrition and exercise go hand in hand, so don't think that hard workouts alone will make up for pizza binges on the weekend."

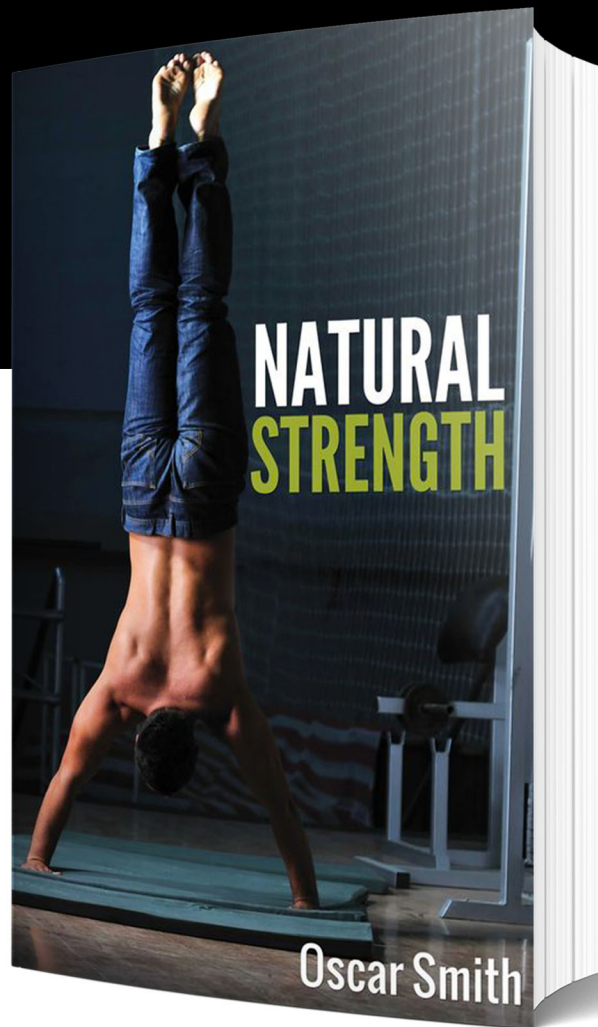
MEN'S FITNESS



Articles

- <https://mtnweekly.com/mountain-lifestyle/books-on-outdoor-adventure/>
- <https://www.influencive.com/oscar-smith-trains-celebrities-in-his-chic-tribeca-studio/>
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- <https://www.lifeandstylemag.com/posts/katharine-mcphees-personal-trainer-shares-the-singers-go-to-workouts/>

*The quest to finding your inner child
and going back to simplicity.*



"Natural Strength is my own philosophy in regards to fitness and its about strengthening your motivation, mind and body. I believe that reaching your peak plateaus and overcoming them in fitness can only be attained if you find things that you naturally love to do. When you were a kid you were probably more active that you are now. Kids love to move around and play games, they also don't compartmentalize exercises in their minds. I am here to tell you that if you reconnect with your inner child, you will be able to maximize your workouts and have more fun in the process of getting healthy. I believe that a balanced approach to fitness that honors our inner child can help us find more happiness and feel more fulfilled."