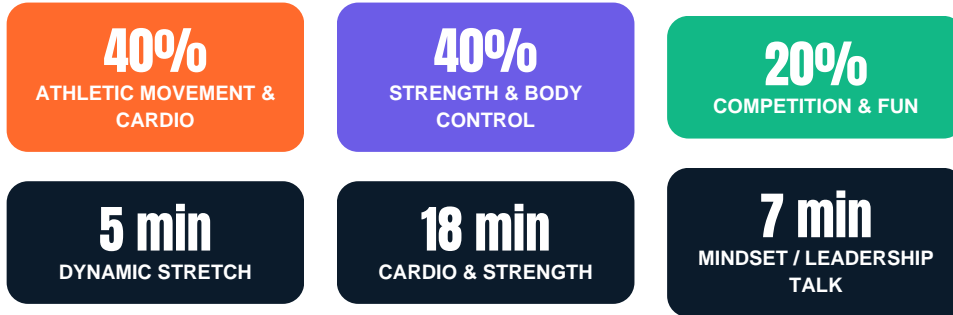


THE PROGRAM

The Built Different Workout

A 30-minute, equipment-free session for ballplayers ages 8–18 — athletic movement, strength, and a mindset talk that builds better athletes on and off the field. Every movement scales for all levels.

THE FORMULA 40 / 40 / 20



Goal: Build athleticism, movement, confidence, energy, and competitiveness — no equipment, FUN, and baseball-focused. **Tone:** Fast-paced, high-energy, encouraging, competitive, and interactive.

THE SESSION – BLOCK BY BLOCK

| | |
|-----------------|---|
| WARM-UP | Athlete Activation · 30 sec each Dynamic stretching · Jumping jacks · High knees · Arm circles · Side shuffle |
| BLOCK 1 | Strength · 45s work / 30s rest Push-ups · Squat pulses · Scissor kicks · Crunches · Glute bridges |
| BLOCK 2 | Baseball Athletic Movement · 45s / 30s Ground ball shuffle · Base steal starts · Rotational twists · Backpedal to sprint · Skater bounds |
| BLOCK 3 | Strength & Cardio · 45s / 30s Broad jump + stick landing · Bear crawls · Single-leg balance hold · Push-up hold challenge · Mountain climbers |
| FINISHER | Team Competition · 1 min / station Split into teams and battle it out — crunch & push-up competition. High energy, all in. |

THE ATHLETE ADVANTAGE

Mindset, Woven Throughout

Between and during the moves, the coaches teach the habits that build better athletes — on and off the field.

| | | |
|---------------------|--------------------|------------------------------|
| Confidence | Communication | Character On & Off the Field |
| Leadership | Power of Self-Talk | Handling Failure |
| Avoiding Comparison | Discipline | 1% Better Mindset |

BUILT DIFFERENT COACHES



Caden Vittorini

CEO & Founder of Vitt Factor. Top youth coach & speaker, #1 best-selling author and TEDx speaker, featured in USA Today, WGN & NBC. Impacted 100,000+ students through 150+ keynotes. Certified life coach and college athlete.

Anthony Kasper

#1 best-selling author. Certified personal trainer and keynote speaker. Impacted 50,000+ students. College athlete.

WHAT'S AHEAD

Bonus sessions & member perks rolling out: Mindset · Fitness & Nutrition · Sleep Routine · Gratitude · Monthly Parent Call · Athlete of the Month · Accountability · Monthly Challenges · Certificate of Completion for seniors (for college, scholarship & leadership applications).

BUILDING BETTER ATHLETES ON & OFF THE FIELD