

SEPTEMBER NEWSLETTER

BK FIT

VOL. 1

HALLOWEEN THROWDOWN

SIGN UP!

2ND ANNUAL HALLOWEEN THROWDOWN, COMING TO YOU SAT OCTOBER 26TH AT 1PM. THIS WILL BE HELD AT OUR CLINTON HILL LOCATION AND THERE WILL BE PRIZES! CURRENTLY WE HAVE 6 DIVISIONS, BUT THERE MUST BE A MINIMUM OF 5 TEAMS PER DIVISION SO SIGN UP TODAY! IF YOU NEED HELP FINDING A PARTNER, LET US KNOW WHEN YOU COMPLETE THE FORM!



COSTUME CONTEST! \$\$\$

IF YOU WANT A CHANCE AT A CASH PRIZE, DON'T FORGET TO COME IN COSTUME WITH YOUR TEAMMATE!

\$100 PRIZE FOR BEST TEAM COSTUME!

LAST YEAR'S COSTUMES WERE AWESOME! INDIVIDUALS WHO ARE SPECTATING/VOLUNTEERING AT THE EVENT WHO COME IN COSTUME WILL ALSO BE ELIGIBLE FOR A PRIZE!

2nd Annual BK FIT

HALLOWEEN THROWDOWN

SAT OCT. 26TH

1PM START

(Doors open at 12pm)

CLINTON HILL

78 Emerson Pl

TEAMS OF 2

(MM, FF, FM)

RX & SCALED DIVISIONS

THIS YEAR'S THEME:

HEROES & VILLAINS

NEW CLASS LAUNCH

HYROX TRAINING

EVERY OTHER SATURDAY STARTING SEPT 28TH

THE COMPETITION

HYROX TRAINING

11:30AM

CLINTON HILL

HYROX TRAINING DEVELOPS INDIVIDUALS TO PERFORM FUNCTIONAL MOVEMENTS THAT COMBINE STRENGTH, POWER AND ENDURANCE. CLASSES WILL BE CATEGORIZED AS COMPLETE, FOUNDATIONAL, POWER OR ENGINE, DEPENDING ON THE OBJECTIVE OF A PARTICULAR TRAINING SESSION.

01

1000 m
SkiErg

02

50 m
SLED PUSH

03

100 m
SLED PULL

04

80 m
BURPEE BROAD
JUMPS

05

1000 m
ROWING

06

200 m
SLED PUSH

07

100 m
SLED PULL

08

75 or 100 x
SLED PUSH

START

1 km RUN

01

1 km RUN

02

1 km RUN

03

1 km RUN

04

1 km RUN

05

1 km RUN

06

1 km RUN

07

1 km RUN

08

FINISH



CALEB WELLS

CALEB IS A HYROX GROUP INSTRUCTOR AND CPT. HIS FOUNDATIONAL FITNESS EXPERIENCE COMES FROM BEING A U.S. MARINE INFANTRY COMBAT VETERAN UNDERSTANDING THE VALUE OF FUNCTIONAL FITNESS AS IT RELATES TO AN ABILITY TO PERFORM ANY MOVEMENT WITH POWER ALONGSIDE A MAXIMAL ENDURANCE CAPACITY, ALL UNDER DURESS IN AUSTERE ENVIRONMENTS. HE COMPETES IN THE HYROX MEN'S PRO CATEGORY, HAS COMPLETED NUMEROUS RUN RACES, A 70.3 IRONMAN TRIATHLON AND PLAYS STREET AND ICE HOCKEY AROUND NEW YORK CITY. HE ALSO SPENT TIME GROWING UP IN GERMANY AND THEREFORE LOVES THE FACT THAT EVERY HYROX RACE HAS A DJ PUMPING OUT GREAT EDM.

FAV EXERCISE TO COACH: DEADLIFT

FAV EXERCISE TO PERFORM: DEADHANG WIDE-GRIP PULLUPS

FAV NON-FITNESS TALENT: I PLAY THE BAGPIPES

CERTIFICATIONS: CPT, HYROX GROUP INSTRUCTOR

STRENGTH TRAINING: LIFT TWO 45MIN CLASSES BACK2BACK

STARTING MON 9/23

@ Clinton Hill

6:30 & 7:15PM

STARTING WED 9/25

@ Bushwick

7:30 & 8:15PM

EACH CLASS IS OPEN TO ALL LEVELS, FOCUSED ON IMPROVING TECHNIQUE AND STRENGTH IN ONE SPECIFIC MOVEMENT.

THE FOCUS OF EACH CLASS WILL BE LISTED EACH WEEK. EXAMPLE: YOU MAY SEE **BENCHPRESS** FOR CLASS 1 AND **DEADLIFT** FOR CLASS 2.

SIGN UP FOR ONE OR SIGN UP FOR BOTH!

ANTHONY ARISTY

CROSSFIT WAS MY INTRODUCTION TO STRENGTH TRAINING WHEN I WANTED TO START TRAINING FOR ATHLETIC PERFORMANCE IN HIGH SCHOOL, AND I FIGURED OUT PRETTY EARLY ON THAT GETTING STRONGER WAS MY MAIN FITNESS GOAL. I STARTED OFF COACHING CROSSFIT IN 2013 AFTER GETTING MY CF-L1, THEN TRANSITIONED TOWARDS A FOCUS ON STRENGTH TRAINING, AND EVENTUALLY COACHING FOR POWERLIFTING. I ENJOY WATCHING PEOPLE OF ALL EXPERIENCE LEVELS COME INTO THE GYM TO LEARN THE BASIC LIFTS, AND AS THEY SEE THEIR STRENGTH AND FITNESS IMPROVE, BECOME MORE INVESTED IN THE TRAINING PROCESS. I'VE BEEN COMPETING IN STRENGTH SPORTS SINCE 2014, AND HAVE BEEN COACHING ATHLETES IN POWERLIFTING MEETS SINCE 2018

FAVOURITE LIFT TO COACH AND PERFORM ;
THE DEADLIFT.

MY FAVOURITE TALENT OUTSIDE OF FITNESS;
BEING REALLY GOOD AT PARALLEL PARKING.

CERTIFICATIONS:

CF-L1 AND ACSM CPT



PRACTICE

4 WEEKS

EVERY SATURDAY STARTING 9/21

SATURDAYS

2PM

BEDSTUY

4 WEEKS

PRACTICE is a high-performance training program that uses science backed principles to create a well rounded training experience for the everyday athlete.

With its unique blend of athletic development, strength training, conditioning, and upbeat vibes, **PRACTICE** is structured to help build the qualities needed to be a robust human being, whether you're a seasoned athlete, weekend warrior, or a busy parent looking to keep up with the lil ones.



KURT ELLIS

Hailing from the beautiful island of Jamaica, owner and head coach Kurt Ellis is no stranger to the mantra of being "fit for life". From his early childhood days, he was exposed to an active lifestyle filled with fun in the sun, wholesome foods and positive vibes.

Throughout the years, he has been fortunate to maintain an active lifestyle through numerous team sports such as track & field, volleyball, soccer, basketball and football.

Kurt's path as an athlete led to a collegiate football career where he received numerous accolades, an opportunity to play in the professional ranks as well as a new found understanding of the correlation between proper maintenance of "The Machine" (your body), athletic performance and an overall healthier lifestyle.

**THIS MONTH'S
ICYMI
BK FIT**

OUR BELOVED COACH KEV HAS TAKEN AN INCREDIBLE ROLE IN BOSTON WITH INVICTUS, AND WE COULDN'T BE PROUDER! WE'LL MISS HIM GREATLY AND HAVE SOME BIG SHOES TO FILL! WITH THAT, WE'RE THRILLED TO INTRODUCE THE NEWEST ADDITIONS TO OUR BKFIT COACHING TEAM

Jeremy Torres



LEVEL 2 CROSSFIT COACH FOR OVER 12+ YEARS, TRAINED AND TAUGHT CAPOEIRA FOR 7 YEARS PRIOR TO THAT. ONE OF MY FAVORITE HIGHLIGHTS WAS COMPETING ON A TEAM AT WODAPALOOZA IN 2020.

FAVORITE MOVEMENT TO COACH :
FREE STANDING HANDSTAND PUSHUPS.

FAVORITE MOVEMENT TO PERFORM
THRUSTERS OR BUTTERFLY PULL-UPS.

MOST QUOTABLE MOVIE?
BIG LEBOWSKI OR SNATCH.

CERTIFICATIONS:
CF L-2

STRONGMAN CERTIFICATION W/ DEREK POUNDSTONE

Jonathan G Bomberg

WHEN I FIRST STARTED WORKING OUT OVER 10 YEARS AGO I KNEW I NEEDED SOMETHING RIGOROUS WITH A COMMUNITY TO BOTH SUPPORT ME AND KEEP ME ACCOUNTABLE. CROSSFIT WAS THE PERFECT FIT. INITIALLY I STARTED WITH A COUPLE CLASSES A WEEK BUT MOVED UP TO 5 DAYS A WEEK WHEN I STARTED TO GET A HANDLE ON THE MOVEMENTS. SINCE THEN I EXPANDED MY HYBRID TRAINING TO INCLUDE MUCH MORE RUNNING AND INTERVAL CARDIO DRILLS

FAVORITE MOVEMENT TO COACH :
ROWING

FAVORITE MOVEMENT TO PERFORM
BURPEES! (HONESTLY!)

OUTSIDE OF FITNESS HOBBY/INTEREST:
PHILOSOPHY

CERTIFICATIONS:
CF L-1

