

OCTOBER NEWSLETTER

BK FIT

VOL. 2

HALLOWEEN THROWDOWN

SIGN UP!

SIGN UP ENDS **OCTOBER 19TH** AND 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

PRACTICE YOUR WODS!



HALLOWEEN THROWDOWN

W1-A

2, 4, 6, 8, 10, 12, 14, 16, 18, 20

reps for time of:

Box Jump Overs

24/20 RX

20 SX

Deadlift

185/125 RX

135/95 SX

W1-B

**Max calorie row in
remaining time**

Time cap: 15 minutes. Score is total calories.



HALLOWEEN THROWDOWN

**W2- 7 minutes to
establish a 3 rep max
front squat**

Each athlete will have 3 attempts.
Score is total Lb of the successful lift.
Bar is coming from rig not floor



HALLOWEEN THROWDOWN

W3- 6 rounds for time

**15 Power Snatches
10 Burpees Over Bar**

75/65 RX - 65/55 SX

Each athlete completes 3 rounds.
Time cap 10 minutes



HOW DO WE PROGRAM?

Ever wonder where WODs come from?

At **BKFIT** we use a program service called: NCFIT. They are reknowned in Crossfit program design, helmed by Crossfit games champion: Jason Khalipa. Every month our coaches are sent the goals/concepts for what's to come. Get an inside look at October below!

NCFIT PROGRAMMING INSIGHTS:

Over the next three months, the NCFIT Workout will take a hard turn toward some classic CrossFit.

OCT | MONTH I, PHASE IV – ALL. WHEEL. DRIVE.

It's finally here, the last phase of 2024, and we are going out with guns blazing! Let's review September and then look at the month ahead! We finished our Horsepower Phase, which revolved around shorter sprint workouts 1-2 times a week. We also saw plenty of GPP strength days and Oly complex days throughout the month. We saw the Hero Workout, Hotshots 19, on Labor Day, along with a retest of Kelly AND Cali Bear.

We also paid homage to the event of 9/11 with our homebrewed workout Stand Tall and put our extra practice of the Ring Muscle-Up to the test with a test of the classic workout Amanda. Lastly, we were still able to work in 1-2 FLEX finishers weekly to finish out the summer pump and transition into the fall. Let's transition to outlining next month, it's going to be spooky good!

October starts our All Wheel Drive phase which is going to aim at giving everyone the most variety of workouts possible than we've seen all year in regards to time domains, loading, and movements.

The idea is to lean into Classic Crossfit harder than we have all year to, A. end the year strong, and B. start preparing for the 2025 CF Open.

Expect to see a lot of variety with regards to workout lengths, types, movements and trust that everyone we've done up to this point will help get you better. We will also see 1 day of barbell complexes to keep the Oly spirit from the last cycle alive and with Chad right around the corner (Nov 11) we will begin Option Chad prep that can be done outside of classes.

Lastly, we will be starting our final strength cycle of the year. It is going to be a 5-3-1 strength cycle that will start and end with a test/retest of a 1RM Back Squat, Push Press, and Deadlift.

The cycle is going to mimic the Wendler 5-3-1 very closely, the biggest differences being we will not be using a training max, and we will be going off RPE, not percentages. This ensures that if someone is unable to make one of the tests the first week of the cycle they can go by feel rather than a percentage that they have to guess at. We will retest two of the lifts the week of 11/11 but because of Chad being on Monday we will push one of the tests to the following week to make sure everyone is as primed as possible to hit some end of the year PRs!

Let's dive into this month and get ready to rock

NEW CLASSES!

HAVE YOU TAKEN THEM YET?

THE COMPETITION

NEXT UP: OCT 12TH

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

50 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
BURPEE BROAD
JUMPS

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

EVERY OTHER SATURDAY

STRENGTH TRAINING: LIFT TWO 45MIN CLASSES BACK2BACK

MONDAYS

@ Clinton Hill
6:30 & 7:15PM

WEDNESDAYS

@ 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!

THIS MONTH'S
ICYMI

BK FIT

COACH LEIFF IS MOVING TO MIAMI TO OPEN UP HIS OWN
CROSSFIT GYM! WE ARE SO EXCITED FOR HIM AND THRILLED
HE WAS ABLE TO BE A PART OF THE BKFIT TEAM!

OCTOBER HOLIDAY

MONDAY

10/14

BKFIT CLOSSES FOR ALL FEDERAL HOLIDAYS

THIS MEANS, NO CLASSES BUT 24/7 ACCESS IS STILL AVAILABLE TO MEMBERS WHO HAVE IT.

OCTOBER AT A GLANCE:

NEW CLASSES + HOLIDAY + EVENT

CLINTON HILL - PURPLE
BEDSTUY - RED
BUSHWICK - BLUE

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 PRACTICE 2PM
6	7 STRENGTH: LIFT 6:30PM 7:15PM	8	9 STRENGTH: LIFT 7:30PM 8:15PM	10	11	12 HYROX TRAINING 11:30AM PRACTICE 2PM
13	14 NO CLASSES	15	16 STRENGTH: LIFT 7:30PM 8:15PM	17	18	19
20	21 STRENGTH: LIFT 6:30PM 7:15PM	22	23 STRENGTH: LIFT 7:30PM 8:15PM	24	25	26 1PM  1PM HALLOWEEN THROWDOWN
27	28 STRENGTH: LIFT 6:30PM 7:15PM	29	30 STRENGTH: LIFT 7:30PM 8:15PM	31		