

NOVEMBER NEWSLETTER

BK FIT

VOL. 3

HALLOWEEN THROWDOWN

WHAT A SUCCESS!

WITH 20 TEAMS COMPETING AND UNFORGETTABLE COSTUMES, THE BKFIT FAM ABSOLUTELY CRUSHED THIS YEAR'S COMP! CONGRATULATIONS TO ALL THE PARTICIPANTS!



WHAT ABOUT NEXT YEAR?



TO TAKE THE SURVEY!

2ND ANNUAL

HALLOWEEN THROWDOWN

WINNERS!

2nd Annual
BK FIT

HALLOWEEN THROWDOWN

RX MEN'S DIVISION

1ST: BULK HOGAN

2ND: MIGHTY MORPHIN POWER
SNATCHERS

3RD: DEADLIEST SNATCH

WINNERS!



2nd Annual
BK FIT

HALLOWEEN THROWDOWN

SCALED FF DIVISION

1ST: PUSH N' WEIGHT

2ND: TWO BAD WITCHES

3RD: SEEING DOUBLE (UNDERS)

WINNERS!



COMP PHOTOS



TAG: @BKFITSTUDIOS @KEITHKETWAROO @_SHINEIMAGES

2nd Annual
BK FIT

HALLOWEEN THROWDOWN

TEAM COSTUME

MOANING
MYRTLE-BROADWAY

WINNERS!



2nd Annual
BK FIT

HALLOWEEN THROWDOWN

INDIVIDUAL
COSTUME

JOSS GUERRA

WINNERS!

NEW CLASS!

GYMNASTICS



Our CrossFit gymnastics program is designed to progressively build strength, control, and technical skill across essential gymnastics movements over six weeks

Each week includes:

- Skill Work: A focused practice session on a specific skill or technique, breaking down the movements into drills to improve control, positioning, and coordination.
- Strength (EMOM): A progressive EMOM (Every Minute on the Minute) structure, focusing on strict movements to increase reps and duration over the weeks. This follows the approach of building reps at a manageable pace and adding volume or intensity.
- Core / Finisher Work: Specific core exercises and finishers to build stability, shoulder endurance, and control, essential for gymnastics

Strength Cycle:

This cycle is based on strict (controlled) movements to build a solid base of strength for more dynamic or kipping movements. The main movements for the strength cycle are:

- Strict Pull-Ups
- Strict Handstand Push-Ups
- Strict Toes-to-Bar

BRING A FRIEND CLASS!

SATURDAY
NOVEMBER 16TH
LAST MORNING CLASS

@

ALL LOCATIONS!



SIGN WAIVER



SIGN WAIVER

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 November below!

NCFIT PROGRAMMING INSIGHTS:

From Oct-Dec, the NCFIT Workout will take a hard turn toward some classic CrossFit.

NOV | MONTH II, PHASE IV – ALL. WHEEL. DRIVE.

Looking back on October, we had a lot on our plate! We started our final strength cycle of 2024, working through a Deadlift/ Back Squat/ Push Press 5-3-1 cycle that might be short but will effectively build athletes up to new PRs.

We saw one Oly complex a week to keep our skills sharp, and we began to see prep for our Veteran's Day workout, Chad. We hit some big retests of DT and Jackie, tackled a new Halloween workout, and got after Mary/ Cindy for the gymnastically inclined.

Lastly, we saw a broad distribution of workout types throughout the week...this means we weren't focusing on specific time domains or workouts types like previous Phases, last month and the next 2 months will be all about as much variety as possible.

Looking ahead to this month, we have some BIG benchmarks to get us excited.

The first thing we have on the agenda is Chad...1000 Weighted Step-Ups is a great way to pay tributes to any and all Veterans around the world and has become the staple workout for NCFIT on such a special day.

We will also finish off our 5-3-1 strength cycle right around the same time and take note that because Chad falls on a Monday, we will be splitting the retest days (2 retests the week of Chad, one the week after) to ensure everyone is primed to hit some PRs. On top of these two exciting things happening almost simultaneously we will be doing the NCFIT Lift-Off right around this time as well.

Think of this similarly to the Mid-Year Challenge...3 consecutive Fridays (11/8, 11/15, 11/22) that will prioritize a longer strength session instead of the metcon. This is just for fun and no extra work has to be done, just get people excited to lift heavy!

For the rest of the month, we will still see a broad range of workout types to get us as much variety as possible. Finally, we will end the month with a Thanksgiving and Back Friday workout to really make sure we have something to be thankful for! We have stuffed a lot into this month, so hang on for the ride!



FRIENDSGIVING!

BED STUY & BUSHWICK

COME ONE, COME ALL!

WE HAVE TWO FRIENDSGIVINGS THIS YEAR TO PROVIDE TWO OPTIONS FOR OUR MEMBERS TO CELEBRATE WITH THE BKFIT COMMUNITY. YOU CAN GO TO EITHER LOCATION OR BOTH!

BED STUY
11/16
SATURDAY
1:30PM

SIGN UP SHEET FOR WHAT TO BRING!
FRIENDS AND FAMILY WELCOME!

**P
O
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C
K**

BUSHWICK
11/23
SATURDAY
1PM

SIGN UP SHEET FOR WHAT TO BRING!
FRIENDS AND FAMILY WELCOME!

THANKSGIVING HOLIDAY SCHEDULE:

11/28 THURS:
NO CLASSES, ALL LOCATIONS

11/29 FRI:
BED STUY
930/1030/1130

BUSHWICK
1030/1130

CLINTON HILL
1030/1130

11/30 SAT & 12/1 SUN:
CLASSES AS USUAL



THIS MONTH'S
ICYMI

BK FIT

WE REALIZE NOT EVERYBODY KNOWS ALL THE
TERMINOLOGY USED FREQUENTLY IN A CROSSFIT CLASS.
LET'S A REVIEW A FEW OF THE CLASSICS BELOW!

WOD

WORKOUT OF THE DAY

THE SCHEDULED WORKOUT PROGRAMMED FOR THAT DAY!

AMRAP

AS MANY REPS AS POSSIBLE

IN A GIVEN AMOUNT OF TIME PARTICIPANT WILL TRY TO ACCOMPLISH AS MANY REPS OF A
PRESCRIBED MOVEMENT AS POSSIBLE

EMOM

EVERY MINUTE ON THE MINUTE

PERFORM A CERTAIN NUMBER OF REPS OF AN EXERCISE (OR MULTIPLE EXERCISES) WITHIN A
GIVEN AMOUNT OF TIME—USUALLY ONE MINUTE—AND THEN REPEAT THIS FOR SEVERAL ROUNDS.

RX/SX

RX: AS PRESCRIBED SX: SCALABILITY

RX CAN BE A GOAL ANY ATHELTE WANTS TO ACHIEVE BUT IS NOT A REQUIREMENT. A SCALED
OPTION IS ALWAYS AVAILABLE AND FOR ANY WOD, ONE MAY CHOOSE SCALED OR RX. ITS
PREFERRED TO OPT FOR SCALED MOVEMENTS IF EVER IN DOUBT TO KEEP THE DESIRED
STIMULUS ACTIVATED WITH PROPER FORM TO PREVENT RISK OF INJURY.

ALWAYS FEEL FREE TO ASK A COACH FOR ANY MODIFICATIONS!

NOVEMBER DATES!

NOVEMBER 11TH: VETERAN'S DAY

NO CLASSES. 24/7 AS USUAL

NOVEMBER 12TH: GYMNASTICS CLASS

7:30PM @BUSHWICK

NOVEMBER 16TH: BRING A FRIEND CLASS!

LAST MORNING CLASS; ALL LOCATIONS

NOVEMBER 16TH: FRIENDSGIVING!

1:30PM @BEDSTUY

NOVEMBER 23RD: FRIENDSGIVING!

1PM @BUSHWICK

NOVEMBER 28TH: THANKSGIVING!

NO CLASSES. 24/7 AS USUAL

NOVEMBER 29TH: HOLIDAY CLASS SCHED

9:30/10:30/11:30AM @ BEDSTUY

10:30/11:30AM @ BUSHWICK

10:30/11:30AM @ CLINTON HILL