

JANUARY NEWSLETTER

BK FIT

VOL. 5

HAPPY NEW YEAR! 2025

READY TO COMMIT?

*Paid In Full
Memberships*



6MONTH PREPAID

10%

OFF MONTHLY
MEMBERSHIP PRICING

12MONTH PREPAID

15%

OFF MONTHLY
MEMBERSHIP PRICING

CURRENT MONTHLY MEMBERS MAY SWITCH TO PREPAID!

PURCHASE YOUR PREPAID OPTION FROM OUR WEBSITE THEN EMAIL US
AT INFO@BKFITSTUDIOS.COM AND WE WILL SET YOUR MONTHLY
MEMBERSHIP TO DEACTIVATE!



PREPAID LINK



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.

NCFIT PROGRAMMING INSIGHTS:

THE MONTH AHEAD – JAN 2025

Starting this year off strong with our IGNITE phase (Jan-Feb-Mar)! In this first phase of 2025, we will be focusing on Preparing for the Open & Higher RPE Workouts . In January, we kick off our first strength cycle of the year focusing on tempo work for the Front Squat and Deadlift! The cycle starts with a test of 1-Rep heavy efforts for both lifts then moves into a 6-week work-up using various tempos. This is going to keep athletes under tension for longer, getting them stronger and more confident with different positions of the lifts!

The beginning of a new year also brings around the CF Open. The key to success in the Open is exposure to those style workouts. With this in mind we will see (1) historic Open workout each week in January to get ready for the 2025 workouts! In addition, the Open almost always tests different skills and we will help athletes prepare for those tests. In the programming, we will see at least (1) skill session per week dedicated towards some of those 'trickier' Open movements to help athletes build more skills and more confidence.

Lastly, we will see our testing workout for Phase 1 of this year's programming, Fight Gone Bad! Each phase will have its own testing workout that will be tested and retested. Throughout each Phase we will continue to see other big name workouts but the Phase test/retest will be something that we want all athletes to pay attention to. We believe this will feel less cluttered each month and really allow athletes to focus on crushing their retest! We are excited to kick off 2025 – so let's get to work!



MORE CLASSES!

Wanna supplement your BKFIT Workouts? Improve a certain lift or movement? Maybe work on stamina/endurance? All classes are available to all class based memberships and appropriate for all levels!

GYMNASTICS

TUESDAYS

7:30PM

@

BUSHWICK

WEDNESDAY

7:30PM

@

BEDSTUY

POWERLIFTING

TUES & THURS

7:30pm

@

BED STUY

SUNDAY

11:30AM & 1:00PM

STRENGTH: LIFT

MONDAY

6:30PM & 7:15PM

@

CLINTON HILL

WEDNESDAY

7:30PM & 8:15PM

@

BUSHWICK

HIIT

MONDAY & SATURDAY

7:30PM

10:30AM

@

BEDSTUY

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NCFIT PROGRAMMING INSIGHTS:

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

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THIS MONTH'S
ICYMI

BK FIT

NEW YEAR NEW YOU?
SCALE IT.

SCALED VS RX

RX IS NOT THE GOAL OF ANY WOD.
CHOOSING THE RIGHT WEIGHT, MODIFICATIONS & REP
SCHEME TO PRODUCE THE MOST EFFECTIVE WORKOUT
FOR YOUR CURRENT STATE IS.

HOW DO I SCALE?

ASK A COACH!

ALL BKFIT COACHES ARE READY TO PROVIDE
MODIFICATIONS AND ADVICE FOR ANY ADJUSTMENTS
NEEDED TO A WOD.

PAST/CURRENT INJURY? **SCALE IT.**

JUST STARTED BACK UP AFTER A BREAK? **SCALE IT.**

NEW TO A MOVEMENT? **SCALE IT.**

SCALING IS A SIGN OF STRENGTH.