

# FEBRUARY NEWSLETTER

# BK FIT

VOL. 6

**ALL ARE WELCOME!**

**BRING A FRIEND**



**FEB 15TH**

**WAIVER**

**ALL CLASSES**

All locations

**FREE!**

\*Member must reserve their space and friend/partner must have a signed waiver.

All friends/partners are eligible to take advantage of the New Member Intro Offer if they join after class!

**ALL FRIENDS MUST SIGN A WAIVER!**

# FEBRUARY CHALLENGE!

## MAX REP

# WALL BALL SHOTS

## 3MIN

**MALE ATHLETES:**

**20LB WB**

**10FT** 

**FEMALE ATHLETES:**

**14LB WB**

**9FT** 

DO NOT USE A LIGHTER BALL!

THE CHALLENGE IS TO TEST YOURSELF AS FREQUENTLY  
THROUGHOUT THE MONTH AS YOU'D LIKE AND TRY TO  
IMPROVE YOUR SCORE!

# FRIDAY NIGHT LIGHTS

## FNL

OUR **BKFIT** FRIDAY NIGHT LIGHTS IS  
AVAILABLE FOR **ALL** ACTIVE MEMBERS.

YOU DO NOT HAVE TO BE REGISTERED FOR THE OPEN TO ATTEND/WOD.

# BUSHWICK

2/28

3/7

3/14

FOR 3 CONSECUTIVE FRIDAYS STARTING 2/28,  
FRIDAY EVENING CLASSES WILL BE CANCELLED AND FRIDAY NIGHT  
LIGHTS WILL BE HELD AT OUR BUSHWICK LOCATION:

**1000 BROADWAY**

\*Please note, that the AM and midday classes will still be on, with that WOD also being  
the OPEN WOD.

## HOW TO PARTICIPATE:

**\*RESERVE YOUR SPOT THROUGH WODIFY**

Program: **FRIDAY NIGHT LIGHTS**

FRIDAY NIGHT LIGHTS reservations, do NOT count against monthly class allotment.

# WHAT EXACTLY IS FNL FOR?

## THE OPEN

The CF Open is a SUPER exciting online showdown where members tackle three intense workouts, spread out over an insane three weeks.

Athletes worldwide take on these WODs and post their scores online for the world to see. It takes just two minutes and \$20 to join if you want to post/see your rankings, but it is NOT a requirement.

One of the best features of the OPEN, is a community event called **FRIDAY NIGHT LIGHTS.**

**BK**

# 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 – FEB 2025

We're already one month into the new year and we are firing on all cylinders! We started our Tempo Strength Cycle of Deadlifts & Front Squats 1/6 and are scheduled to retest our 1RM the week of 2/17. This finishes right before the 2025 CF Open (2/27) so we can go into those 3 weeks with some new PR's and some confidence to crush whatever gets thrown at us! Speaking of preparation, we will continue to see Skill work and old CF Open workouts to help us better prepare for common movements/ workout formats we might see.

The rest of the month is going to be business as usual except for one wrinkle... Diane/ Diane+. This year we are going to be programming one CF Classic workout a month and we realize that some of those workouts athletes have done A LOT, or they are extremely quick workouts that might not challenge some of your more advanced athletes. That is why for a handful of these Classic Workouts we will see a "+" as a second option.

These should be treated as a secondary option to the day rather than looked at as Performance vs. Fitness. These workouts can be an added challenge for athletes that have done a workout numerous times/ or are extremely proficient with the movements. For those that are still trying to RX the original version, that should be their focus...hit the stimulus at, or as close to, the RX standards. As always remember within both workouts there are adjustments that can be made to be best tailored to the athlete! February is going to ramp up, especially towards the end when the Open is here so get excited and ready to rock!



THIS MONTH'S  
ICYMI

BK FIT

# WODIFY TIPS!

## RESERVATIONS:

\*You can reserve most classes up to 72hrs in advance.

\*Turning on “calendar notifications” in your preferences allows confirmation emails to be sent for each reservation/cancellation. Great way to check for any mistakes!

## SIGN INS:

\*You can sign in up to 2hrs from the start of your class/reservation time!

\*Log your Wodify scores after class! Doing so not only keeps your stats tracked, but it also confirms you are signed in!

## NO SHOW/LATE CANCEL:

\*If you receive a penalty email that you would like corrected, email: [info@bkfitstudios.com](mailto:info@bkfitstudios.com) directly with the date, location and reservation/class time!

