

The Brooklyn Strong Method

A Free 5-Step Program for Brooklyn Women Who Want to Get Stronger, Leaner, and Feel Their Best

By Dennis Pierre | BKLYN Fitness | Est. 2012 *14 Years of Brooklyn Training Experience | Perfect 5-Star Rating | 39 Reviews*

Introduction

You don't need a fancy gym membership, hours of free time, or an extreme diet to get strong and feel great. What you need is a clear, simple plan built around your real life.

That's exactly what the Brooklyn Strong Method is. This is the same 5-step framework Dennis Pierre uses with every client at BKLYN Fitness — busy Brooklyn professionals, just like you, who want real results without the overwhelm.

Read through all 5 steps. Then book your free consultation and Dennis will build a personalized version of this plan specifically for your body, your goals, and your schedule.

Step 1: Set Your Foundation

Know where you're starting from — and where you actually want to go.

Most people fail at fitness because they start with the wrong goal. "Lose weight" is not a plan. "Get fit" is not a plan. A foundation is specific.

What to do:

- Write down one primary goal: strength, fat loss, energy, or longevity
- Note any physical limitations: back pain, knee issues, past injuries
- Be honest about your schedule — how many days per week can you realistically train?
- Take a baseline: how do you feel today on a scale of 1–10 in energy, strength, and confidence?

Why it matters: Every program Dennis builds starts here. Without a clear foundation, you're just exercising. With one, you're training with purpose.

Step 2: Build Your Movement Plan

A simple weekly structure you can actually stick to.

You don't need to train every day. You need to train consistently. Three to four sessions per week, done right, will outperform seven days of random effort every time.

A simple starting framework:

- **Day 1:** Lower body strength — squats, glute bridges, lunges
- **Day 2:** Upper body strength — rows, presses, core work
- **Day 3:** Rest or light walk
- **Day 4:** Full body circuit — functional movements, moderate intensity
- **Day 5:** Mobility and recovery — stretching, foam rolling, breathing

Where to train: At home, in your building gym, outdoors at a Brooklyn park, or wherever is most convenient. The best workout is the one you actually show up for.

Step 3: Fuel Your Results

Nutrition doesn't have to be complicated.

You don't need to count every calorie or cut out entire food groups. You need to eat in a way that supports your training and your energy — consistently.

Three simple rules:

1. **Prioritize protein** — aim for 0.7–1g of protein per pound of bodyweight daily. Chicken, fish, eggs, Greek yogurt, and plant-based proteins all count.
2. **Don't fear carbs** — complex carbs like oats, rice, and sweet potatoes fuel your workouts and your brain. Time them around your training.
3. **Stay hydrated** — most people are mildly dehydrated all day. Drink at least half your bodyweight in ounces of water daily.

Supplement support: BKLYN Fitness offers FDA-inspected, USDA organic-certified protein, creatine, and collagen to fill the gaps. Ask Dennis which ones are right for your goals.

Step 4: Track Your Progress

The scale is not the only measure of success.

Weight fluctuates daily based on water, sleep, and stress. If the scale is your only metric, you will get discouraged. Here's what to track instead:

- **Strength:** Can you do more reps or lift more than last week?
- **Energy:** How do you feel at 3pm compared to when you started?
- **Sleep:** Are you sleeping more soundly?
- **Fit of your clothes:** Are things fitting differently?
- **Confidence:** How do you feel walking into a room?

Most BKLYN Fitness clients notice measurable changes within **2–3 weeks** of consistent training. Progress is happening even when the scale doesn't move.

Step 5: Stay Consistent

Consistency beats perfection every single time.

The clients who get the best results aren't the ones who train the hardest. They're the ones who show up week after week, even when life gets busy. Here's how to make that happen:

- **Schedule your sessions like meetings** — put them in your calendar and protect that time
- **Have a backup plan** — if you miss a gym session, do 20 minutes at home instead of nothing
- **Find accountability** — a trainer, a friend, or even a log of your workouts keeps you honest
- **Celebrate small wins** — every session completed is a win worth acknowledging

This is exactly why working with a personal trainer accelerates results. Dennis provides the structure, accountability, and expertise that turns good intentions into lasting habits.

Your Next Step

You've read the plan. Now let's make it personal.

Book a **free 15-minute consultation** with Dennis and he will take these 5 steps and build a version tailored specifically to your body, your goals, and your Brooklyn lifestyle.

No cost. No pressure. Just a real conversation with a trainer who has helped Brooklyn professionals get stronger for over 14 years.

Book your free consultation at bklynfitness.com(347) 678-5499 | info@bklynfitness.com

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