



PROGRAMACIÓN JUNIO 2026

SEMANA DEL 01 AL 07



681196435




INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS


PRÓXIMOS EVENTOS:

- 13 JUNIO, SPRING GAMES.

CROSSFIT


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	<p>CHIPPER</p> <p>"CHIPPER INTELIGENTE"</p> <p>For time: 10/20-10/30-20-10/40-30.... 10 burpee box jump over 20 DB Snatch alt@22,5/15 30 TTB 40 box jumps 50 wall balls</p>	<p>GYMNASTICS</p> <p>PULL UPS: EMOM 9': 10 ring rows 20 dominadas escapulares 30" hang on bar hold</p> <p>B. For time: 4 rondas 10 strict pull up 10 strict press (40/25) 400 m ski</p>	<p>PHOENIX BENCHMARK</p> <p>A. Strength</p> <p>Emom 10' 3 strict pull up + 1 Snatch (60%+)</p> <p>B. ISABEL + CINDY</p> <p>For time 30 Snatch@60/43kg</p> <p>*4 round of "Cindy" each break 5 Pull-Ups, 10 Push-Ups, 15 Air Squats</p>	<p>ENDURANCE</p> <p>A. 6xEmom 2' 12 Cal Row Max Burpees over the rower</p> <p>rest 2'</p> <p>B. 6xEmom 2' 12 Assault cal Max wallball</p> <p>rest 2'</p> <p>B. 6xEmom 2' 12 Ski cal Max D.U.</p>	<p>STRENGTH</p> <p>A. EVERY 3' x 5 Rounds 6 Deadlift @70 to 85% 20 Push ups</p> <p>B. EMOM 20' -MAX Clb -15 to 20 DB BP@ 2X(22,5/15) -MAX Doble Unders -REST</p>	<p>BY PAIRS AMRAP 32' 1200 m Run together</p> <p>14 rounds YOU GO! GO 3 Burpee Bar Muscle UPS 6 Box Jump Overs 12 KB snatch@24/16</p> <p>Then in the remaining time: 10 synchro burpees over the line 10 TTB Synchro 20 Heavy wallballs alt</p>

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GINMASTICOS	COMPETITION
	<p>HANG SNATCH</p> <p>A. 3 Rounds 10 Standing double lateral raise plate 10 Ring dips 5 Snatch balance</p> <p>B. -Ev 20' x 8 rondas : 1 Hang squat snatch (30-40%) -Ev 30 x 6 rondas: 1 hang squat snatch (50 - 60%) -Ev 45' x 4 rondas: 1 hang squat snatch (60-80%)</p> <p>C. 7' to find 1H1 hand squat snatch</p> <p>D. 4 x Ventanas de 4' -20 pull up + 15 squat snatch (30% of C) -20 pull up + 10 snatch (50% of c) -20 pull up + 6 snatch (70% of c) -20 pull up + 4 snatch (90% of c)</p>	<p>Base & agarre</p> <p>Objetivo: introducir carries y base de bisagra</p> <p>Técnica: Farmer carry (postura, pasos cortos)</p> <p>Fuerza: Deadlift 5x5 (70-75%)</p> <p>WOD (AMRAP 15): 30 m farmer carry 8 deadlift (60%) 10 burpees</p> <p>Care: 3 x 30" suitcase hold (cada lado)</p>	<p>KIPPING Y D.U.</p> <p>A. Emom 10' 5 Strict Pull up 40 Jumping jacks</p> <p>B. Técnica</p> <p>KIPPING Movimiento gimnástico básico Recomendado para todos</p> <p>D.U. Movimiento gimnástico básico Recomendado para todos Recomendado traer vuestra propia comba para personalizar la largura del cable</p> <p>C. Wod 21/15/9 Pull ups D.U.</p>	<p>"BARBELL CYCLING BAJO FATIGA"</p> <p>WOD: Heavy DT (adaptado)</p> <p>5 rondas: * 12 deadlifts * 9 hang power cleans * 6 push jerks</p> <p>(Peso moderado-alto según nivel)</p> <p>-Objetivo: -Estrategia: -Claves de competición: -Briefing competitivo</p>

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
 <p>PHOENIX ACADEMY</p>	<p>TRABAJO FULLBODY (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Every 3' for 6 rounds: 10 Double DB seated floor press 10 Strict Chin up</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit</p> <p>B2. FINISHER EMOM 16': Max Burpees Max Wallball 200m Run Max V-ups alt.</p> <p>B3. FINISHER (HIIT) Emom 10' Max bike cal Max S.U.</p>	<p>TRABAJO DE TRACCIÓN (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Jalón al pecho Remo en polea baja Curl de bíceps con goma o DB</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" iso banded row</p> <p>B2. FINISHER: For time 30 DB Snatch alt. 60 Doble Unders 600m Run 60 Doble Unders 30 DB Snatch alt.</p> <p>B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold</p>	<p>TRABAJO DE CADERA (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Curl femoral con fitball Puento glúteo Curl femoral con goma</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 10 good morning - 60" hollow hold</p> <p>B2. FINISHER 12' Amrap 10 Inch worm 10 DB reverse lunge</p> <p>B3. FINISHER (HIIT) Emom 10' Max ski cal Rest</p>	<p>TRABAJO DE EMPUJE (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Press inclinado con DB Elevaciones laterales Extensión de tríceps en polea</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO (FUERZA UNILAT/INESTABILIDAD) 5 Rounds: - 10 unilat db press each - 20" bar hold flex hip</p> <p>B2. FINISHER 16 rounds: I go you go: 10 Cal. 10 Push ups *partner wait at plank pos.</p> <p>B.3 FINISHER (HIIT) Emom 10' (30"ON/30"OFF) HS hold/double KB OH hold Max push press @ empty bar</p>	<p>TRABAJO DE RODILLA (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Sentadilla goblet Sentadilla goblet con tempo Wall sit</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit</p> <p>B2. FINISHER Amrap 14' 10 DB double FS. 100m run 5 Devil press</p> <p>B3. FINISHER (HIIT) Emom 10' Max jump squat 40" wallsit hold</p>		

HYROX & HYBRID PROGRAM

	Hyrox365 Foundational program	Endurance	Hyrox365 Engine program	Hybrid	Hyrox365 Power program	Hyrox365 Complete program	
 <p>HYROX TRAINING CLUB</p>	<p>Intensity Intervals 40 MINS Zone 1 A - Walking Lunges, B - Row Sandbag Walking Lunges RowErg Zone 2 A - Hollow Body Jacks, B - DB Clean and Press Hollow Body Jacks DB Clean & Press Zone 3 A - Knee tuck pushups, B - Skierg Knee Tuck Push-ups SkiErg Zone 4 A - Bench Dips, B - Wallballs Bench Dips Wallballs Zone 5 A - KB Swings, B - Power ups Russian KB Swings Power up</p>	<p>4 Rounds for time: (cada ronda completa en un elemento)</p> <p>200m Run/Bike 10 Burpees Zone 2 300m Run/Bike 10 Burpees 400m Run/Bike 10 Burpees 500m Run/Bike 10 Burpees</p>	<p>TO4M 32 MINS Zone 1 RPE 8+ 700m Run Zone 2 RPE 8+ 700m RowErg Zone 3 50m Sandbag Walking Lunges Zone 4 RPE 8+ 700m SkiErg</p> <p>Partner Intensity Work 9 MINS Zone 1 Partner Workout 00:50 Treadmill Sprint Partner 1 (TIMER) Low Plank Partner 2 Zone 2 Partner Workout 00:30 Row Sprint Partner 1 (TIMER) Rest Partner 2</p>	<p>A. STRENGTH: 20'TO FIND A H1: - 2 BACK SQUAT + 2 SHOULDER PRESS</p> <p>B. FOR TIME: (TC 20'): 20-18-26-14-12-10-8 : - Back squat (60% of A) - Shoulder press (60% of A)</p>	<p>Ascending Core Strength 15 MINS #1 10x Hollow Body Leg Raise #2 10x Alt DB Snatches #3 10x DB 1 Arm Push Press #4 10x DB Goblet Squats</p> <p>Zone Supersets 24 MINS Zone 1 Max Distance MAX m Sled Pull Zone 2 DB Pyramid - Add 2 reps each round 2x DB Thrusters 4x DB Reverse Lunges 2x each side to start Zone 3 Every 300m complete 10 burpees MAX m RowErg 10x Burpees Chest to Floor Zone 4 Couplet 20x Sandbag Step Ups 10x Jump Squats</p>	<p>Partner Work 36 MINS Zone 3 Partner Workout 600m Run Partner 1 (TIMER) 50x Wallballs Partner 2 Zone 2 Partner Workout RowErg Partner 1 10x DB Squat Cleans Partner 2 (TIMER) 10x DB Rack Squat 10x DB Reverse Lunges</p>	<p>Tabla de Pesos RX por Categoría:</p> <p>Sandbag Lunges (100m): Mujeres/Dobles Mujeres: 10 kg Hombres/Dobles Hombres/Mixtos: 20 kg Pro Hombres: 30 kg</p> <p>Sled Push (4x12.5m): Mujeres Open: 102 kg (incl. trineo) Hombres Open: 152 kg (incl. trineo) Pro Hombres: 202 kg (incl. trineo)</p> <p>Sled Pull (4x12.5m): Mujeres Open: 78 kg (incl. trineo) Hombres Open: 103 kg (incl. trineo) Pro Hombres: 153 kg (incl. trineo)</p> <p>Farmers Carry (200m): Mujeres Open: 2x16 kg Hombres Open/Dobles Mixtos: 2x24 kg Pro Hombres: 2x32 kg</p> <p>Wall Balls (100 rep.): Mujeres Open: 4 kg (a 2.75m) Hombres Open/Dobles Mixtos: 6 kg (a 2.75m) Pro Hombres: 9 kg (a 3m)</p>
		HYROX365 Foundational	ENDURANCE	HYROX365 Engine	HYBRID	HYROX365 Power	HYROX365 Complete


SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 CHIN UPS -rest 1' 12 Weighted Box step up alt. -rest 2' B. METCON 2 Rounds of: Amrap 4': 10 double DB Hang clean 200 m bike rest 2' Amrap 4' 15 sit up 15 Gorila row	FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 One leg DL alt R+L -rest 1' 40" sorensen hold -rest 2' B. METCON For time 100 KB swing + 100 goblet reverse lunges emom 3 inch worm	TRABAJO ACCESORIO TRACCIÓN/CADERA A. 5 Rounds: 20 Ring rows 10 Arnold press double DB B. 5 Rounds: 20 DB reverse lunge ALT 10 DB bench press C. HIIT DB's Emom 12' 20 DB box step up alt 12 Db snatch (R) 40" Plank 12 Db snatch (L)	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 BENCH PRESS -rest 1' 20 V-ups alt+20" hollow hold -rest 2' B. METCON Amrap 15' 20m Farmer carry 10 Burpees 10 SDHP KB	FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 FRONT SQUAT -rest 1' 10 Inverted KB press each arm -rest 2' B. METCON Emom 16' Max push ups Max DB lunges alt. Max Assault cal. only legs Rest	TRABAJO ACCESORIO EMPUJE/RODILLA A. 5 Rounds: 12 Single DB Strict press 10 Banded squat B. 5 Rounds: 8 Double KB front squat 20 KB leg raises C. HIIT MACHINES EM2M x 6R (for max cal each) Stair machine (6) Assault cal SK cal

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR A. 4 sets x 6-8 reps - 6 Bench press en máquina - 8 Jalón al pecho polea doble REST b/s: 2' A1. 4 sets 8-10 reps - DB press inclinado - Remo unil. con Ktlibl REST b/s: 2' B. 3 sets x 10 reps - Up down plank - Ring rows - DB skull crushers REST b/s: 1'30" * Si sobra tiempo: D. 2 sets - 10 facepull polea - 10 tricep ext. polea REST b/s: 1'	TREN INFERIOR A. 4 sets x 6-8 reps - Back squat machine REST b/s: 2' A1. 3 sets x 8-10 reps - 2xktlibl front split squats REST b/s: 2' B. 3 sets X 10-12 reps - Elevated heels goblet squats - 30" Press pallof - DB box step ups REST b/s: 1'30"-2' * Si sobra tiempo: C. 2 - 3 sets - 60" Wallsit hold - 10 banded glute bridge	FULL BODY A. 4 sets x 10-12 reps - Inclined DB bench press REST b/s: 2' A1. 4 sets x 12-15 reps - Landmine squat REST b/s: 2' B. 3 sets x 12-15 reps - Remo unil. polea (arriba-abajo apoyo banco) - DB curl biceps martillo REST b/s: 1'30" C. 3 sets x 15 reps - Pájaros (bent-over lateral raises) - Clamshell plank REST b/s: 1'30"	TREN SUPERIOR A. 4 sets x 6-8 reps - Seated DB strict press REST b/s: 2' A1. 4 sets x 8-10 reps - Australian pull ups REST b/s: 2' B. 3 sets x 10-12 reps - Push ups - Landmine row REST b/s: 1'30" B1. 3 sets x 10 reps - Ktlibl Up row - Renegade row REST b/s: 1'-1'30" * Si sobra tiempo: C. 2 sets - 10 escapular retrac TRX - 10 Thread the needle REST b/s: 1'	TREN INFERIOR A. 4 sets x 8-10 reps - 2xKtlibl DL REST b/s: 2' A1. 3 sets 8-10 reps - DB Bulgarian squat REST b/s: 2' B. 4 sets x 10 reps - Banded HEAVY DB glute bridge - Chops en posición de zancada REST b/s: 1'30"-2' B1. 3 sets x 10 reps - DB back lunges - Ktlibl swing REST b/s: 1'-1'30"	FULL BODY A. 4 sets x 15 reps - DB inclined 1-1-2 press (pecho) - 2xKtlibl DL REST b/s: 2' A1. 4 sets - 10-12 reps - Landmine DL REST b/s: 2' B. 3 sets x 10-12 reps - Barbell row - DB floor alt. press REST b/s: 1'30" C. 4 sets - 6 Inch worms - 10 Step up sin peso o DB ligera - 12 ring rows REST b/s: 1'- 1'30"

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	<p>A. BENCH PRESS 7x6@AHAF4 -Rest 2' B/sets-</p>	<p>A. STRICT PULL UP 7x6@AHAF4 -Rest 2' B/sets-</p>	<p>A. BACK SQUAT 7x6@AHAF4 -Rest 2' B/sets-</p>	<p>A. STRICT PRESS 57x6@AHAF4 -Rest 2' B/sets-</p>	<p>A. DIAMOND PUHSUPS 5x10 -Rest 1' B/sets-</p>	<p>ONLY FOR THE LEGENDS..... A.For Time:(21' to)</p>
	<p>B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAF4 -Rest 2' B/sets-</p>	<p>B. DOUBLE DB INCLINE ROW 4x10 -Rest 2' B/sets-</p>	<p>B. DEADLIFT 7x6@AHAF4 -Rest 2' B/sets-</p>	<p>B. SEATED ARNOLD PRESS 4x10 -Rest 2' B/sets-</p>	<p>B. CHIN UPS 5x10 @ AHAF4 -Rest 2' B/sets-</p>	<p>250 Double Unders 1:30 min AMRAP 250m Ski Max Double Unders in Remaining Time -Rest 1:30 b/t rounds-</p>
	<p>C. Alt. Incline DB BENCH PRESS 4x10@AHAF4 -Rest 2' B/sets-</p>	<p>C. SINGLE ARM LAT PULL DOWN 4x10 @ AHAF4 -Rest 2' B/sets-</p>	<p>C. BARBELL FRONT SQUAT 1+1/2 REPS 4x8@AHAF4 rest as needed</p>	<p>C. STANDING DB LATERAL RAISE 4x10 -Rest 2' B/sets-</p>	<p>C. RING DIPS 4x10 -Rest as needed-</p>	<p>*Workout is complete when athlete has accumulated 250 DU</p>
	<p>D. INCLINE BENCH DB CHEST FLY 4x12 -Rest as needed-</p>	<p>D. SEATED SINGLE ARM CABLE ROW 4x10 -Rest as needed-</p>	<p>D. BARBELL ROMANIAN DEADLIFT 4x10 rest as needed</p>	<p>D. GHJ HIP EXTENSION 4x10 -Rest 2' B/sets-</p>	<p>D. SEATED ATLL DB HAMMER CURL 4x10@ AHAF4 -Rest as needed-</p>	
	<p>E. DB SPIDER CURL 4x10 -Rest as needed-</p>	<p>E. BARBELL SKULL CRUSHER 4x10 -Rest as needed-</p>	<p>E. BAND PULL THROUGH 4x10 rest as needed</p>	<p>E. RUSSIAN KB SWING 4x10 -Rest 2' B/sets-</p>	<p>E. DOUBLE DB SKULL CRUSHERS 4x10 -Rest as needed-</p>	<p>B. CORE FINISHER 4 rounds</p>
	<p>F. BARBELL DRAG CURL 4x10 reps -Rest as needed-</p>	<p>F. SEATED TRICEP DBB FRENCH PRESS 4x12 -Rest as needed-</p>	<p>F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed</p>	<p>F. REAR FOOT ELEVATED DB SPLIT SQUAT 4x10 reps -Rest as needed-</p>	<p>F. STANDING ALT DB CURL + SINGLE DB DOUBLE HEAD CURL 4x10 -Rest as needed-</p>	<p>15 Strict Abmat Situps (hands next to head or across chest) 15 Pulse Ups 10 V-ups 30 sec Copenhagen Plank (each side) 20 KB Front Rack Marches (each side) *Rest 2:00 b/t sets</p>