



PROGRAMACIÓN MAYO 2026

SEMANA DEL 04 AL 10



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INFO@PHOENIXBOX.ES


ANUNCIOS Y AVISOS

PRÓXIMOS EVENTOS:


- 16 MAYO, PHOENIX HYROX. Y SIDRERÍA !!!! Apuntaros escribiendo un whatsapp al 681 196 435

- 13 JUNIO, SPRING GAMES.


CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	STRENGTH A. In a 20' window 5 to 6 Rounds 6 SUMO DL 20 GHD back extension B. For time: 21/15/9 KB Snatch 2x@24/16kg 42/30/18 TTB 600/400/200 m Run	REGIONALS PARTY A. Emom 10' 40" Bearhug 10 Ring row+10 push ups B. REGIONAL 17.6 3 Rounds for time: 30 cal 20 Burpee Box Jump Over 10 Sandbag Clean@60/40kg then rest 3' Run 1 mile for time	ENDURANCE A. EMOM 6' Alt. 200m Run Max Doble Unders -no rest- EMOM 6' 200m Run Max Burpees -no rest- EMOM 6' 200m Run Max V-ups B.Partner WOD "you go i go" 6 Rounds each 16 cal row 14 DB snatch@22,5/15kg 12 Heavy Wallball	WEIGHTLIFTING A. POWER SNATCH Emom 12' 1x Start at your 60%RM+ A.For Time: 500m Run 30 TTB 30 Power Snatch@50% of A 500m Run 20 TTB 20 Power Snatch@60% of A 500m Run 10 TTB 10 Power Snatch@70% of A	GYMNASTICS ROPE CLIMB A1.10 Rounds 90"ON/30"OFF 1 Rope climb + max cal. -Rest 4'- B2. 10' AMRAP 3/6/9/12/... Double DB Bench press@2x22.5/15 *1 Pegboard/Strict Pull Up (x2) b/ each set	BY PAIRS A.For Time: 10 Rounds (YOU GO , I GO) 10 Hang Clean@50/35 12 Wall ball 14 CTB RUN 1500m Together 10 Rounds (YOU GO , I GO) 3 Wall walks 15 Front squat@50/35

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	ENDURANCE	GIMNASTICOS	HYBRID		
	SQUAT SNATCH A1.EMOM 6' Snatch Pull + Squat Snatch (2" receiving position) @50 to 60% A2.EMOM 6' Squat Snatch(2" receiving position)@65 to 75% A3.EMOM 6' Squat Snatch B.5 Rounds 2"ON,2"OFF: 200 m Run 8 power snatch@40%of A3 MAX Burpees over the bar (lateral)	3 Rounds of : Amrap 3': - 12 db snatch@22,5/15kg - 10 burpee rest 90" Amrap 3': - 12 cal row - 10 burpee over row rest 90" Amrap 3': - 12 db push press - 10 box jump over rest 90"	BAR MU A. Emom 10' 6 excentric pull ups + 20"hollow hold 10 strict ring dips B. Movimiento gimnástico avanzado Recomendado para aquellas personas que dominan el Kipping: - Mínimo 2/3 dominadas estrictas con peso corporal - Mínimo 2/3 CTB con kipping C. Wod 9/6/3 Bar MU (banded) 10m lunges 100m Run	A Conditioning 3 Rounds for max meters of: 2' work/1' off (andando) Run Row Ski B. Strength 5 Rounds alternate: 10 alt DB lunges goblet pos -no rest- 60" HS hold -1' rest-		

PREPARACIÓN FÍSICA


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES			
	TRABAJO DE RODILLA (CICLO 2) A. TRABAJO DE FUERZA (20') Back squat Back squat con pausa Sentadilla búlgara B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit B2. FINISHER 500- 400-300-200-100m Run 25-20-15-10-5 Wallball 25-20-15-10-5 Sit ups B3. FINISHER (HIIT) Emom 10' Max jump squat 40" wallsit hold	TRABAJO FULLBODY (CICLO 2) A. TRABAJO DE FUERZA (20') Every 3' for 6 rounds: - 8 Zerchar squat - 40" wall sit hold B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit B2. FINISHER EMOM 14' 20 Double bench press 40" Plank B3. FINISHER (HIIT) Emom 10' Max bike cal Max S.U.	TRABAJO DE TRACCIÓN (CICLO 2) A. TRABAJO DE FUERZA (20') Deadlift Dominadas lastradas Remo con mancuerna unilateral B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" iso banded row B2. FINISHER: AMRAP 15' 12 DB hang snatch 12 burpees 12 DB lunges B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold	TRABAJO DE CADERA (CICLO 2) A. TRABAJO DE FUERZA (20') Peso muerto rumano Curl femoral unilat en máquina Nordic curl B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 10 good morning - 60" hollow hold B2. FINISHER For time 10 to 1 Double DB Push press Double DB hang clean Double DB DL B3. FINISHER (HIIT) Emom 10' Max ski cal Rest	TRABAJO DE EMPUJE (CICLO 2) A. TRABAJO DE FUERZA (20') Press banca Press militar de pie Fondos en paralelas lastrados B. ACCESORIO/FINISHER (20') B1. ACCESORIO (FUERZA UNILAT/INESTABILIDAD) 5 Rounds: - 10 unilat db press each - 20" bar hold flex hip B2. FINISHER Emom 15' Max Burpees Max cal Max D.U. B.3 FINISHER (HIIT) Emom 10' (30"ON/30"OFF) HS hold/double KB OH hold Max push press @ empty bar			

HYROX & HYBRID PROGRAM

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	Main Workout 40 MINS Zone 1 A - Deadlifts, B - Row MAX DB Deadlifts MAX m RowErg Zone 2 A - Hercules Burpee, B - Hollow Body Flutter Kicks MAX Hercules Burpee MAX Hollow Body Flutter Kicks Zone 3 A - Sled Hikes, B - Run MAX m Run MAX m Sled Pull Zone 4 A - SkiErg, B - KB Mixed Grip Carry (Switch OH Hand Every 20m) MAX m SkiErg MAX m KB Mixed Load Carry (High) Zone 5 A - Run, B - Wallball over the top slams MAX m Run MAX Wallball Alternating Overhead Rotational Slams		Increasing Intensities 36 MINS Zone 1 RPE 6, 7 and 8 MAX m Run Zone 2 RPE 6, 7 and 8 MAX m SkiErg Zone 3 RPE 6, 7 and 8 MAX m RowErg Zone 4 Couplet 5x DB Renegade Row 20m DB Walking Lunges	Zone Power 28 MINS Zone 1 Chest Superset 12x DB Bench Press 8x Pushups 00:30 Rest Zone 2 Couplet 20x KB Goblet Reverse Lunge 200m RowErg Zone 3 12x Sandbag Step Ups 8x Sandbag Jump Squat 00:30 Rest Zone 4 10m Arms Only Sled Pull 00:20 Rest Finisher 12 MINS Zone 1 Ascending Power Finisher - Add 1 rep to Thruster each round 2x DB Thinsters 2x Broad Jumps Zone 2 Ascending Core Finisher - add 5 reps to swings each round 5x Russian KB Swings 5x Jackknife Situps	Conditioning 36 MINS Zone 1 RPE 8 Run Zone 2 Sled Pull Zone 3 RPE 7 SkiErg Zone 4 Every 20m, do 10 pushups 20m Burpee Broad Jumps 10x Pushups		Tabla de Pesos RX por Categoría: Sandbag Lunges (100m): Mujeres/Dobles Mujeres: 10 kg Hombres/Dobles Hombres/Mixtos: 20 kg Pro Hombres: 30 kg Sled Push (4x12.5m): Mujeres Open: 102 kg (incl. trineo) Hombres Open: 152 kg (incl. trineo) Pro Hombres: 202 kg (incl. trineo) Sled Pull (4x12.5m): Mujeres Open: 78 kg (incl. trineo) Hombres Open: 103 kg (incl. trineo) Pro Hombres: 153 kg (incl. trineo) Farmers Carry (200m): Mujeres Open: 2x16 kg Hombres Open/Dobles Mixtos: 2x24 kg Pro Hombres: 2x32 kg 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)
	HYROX365 Foundational	ENDURANCE	HYROX365 Engine	HYBRID	HYROX365 Power	HYROX365 Complete	

SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds MAX BENCH PRESS@50% 20 Double DB Biceps curl -rest 2' B. METCON For time in pairs 16 rounds "if you go i go" 10 DB Goblet lunges 10 DB Hang snatch	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds MAX FRONT SQUAT@50% 20 Banded Good morning -rest 2' B. METCON Amrap 14' 10m DB lunges 20 Cal. 30 V-ups alt.	TRABAJO ACCESORIO EMPUJE/RODILLA A. 5 Rounds: 12 DB strict press each arm 20m farmer carry B. 5 Rounds: 10 weighted box step up alt. 60" L sit hold C. HIIT DB's EMOM 12' Max DB snatch alt. 40" plank hold Max DB reverse lunges alt. 40" Sorensen hold	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds MAX CHIN UP 40" Plank -rest 2' B. METCON 2 Rounds of: Amrap 4': 15 ktb swing 10 Burpees rest 2' Amrap 4' 15 Gorila row (sin tocar suelo) 15 ring row	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds MAX BANDED GLUTE BRIDGE HOLD 12 Inch worm -rest 2' B. METCON EMOM 10': 10/8 Cal + Max good morning@empty bar	TRABAJO ACCESORIO TRACCIÓN/CADERA A. 5 Rounds: 10 DB row bird dog pos. 12 Double DB arnold press B. 5 Rounds: 20 DB reverse lunges alt. 40" Sorensen hold C. HIIT MACHINES EMOM 15' 10 Assault cal Max weighed box step up 14 Bike cal Max weighed squats

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR A1. 4 sets -10 DB Bench press (2"-0"-2") -8 push ups (4" bajada-2" iso abajo) REST b/s: 2' A2. 3 sets -10 Seated bb strict press máquina -2DB one leg strict pressa REST b/s: 1'30"-2' A3. 3 sets -10 inclined DB bench press alt. -10 Triceps exte. unil. -2DB Step up + press (cajón bajo) REST b/s: 1'30" * Si sobra tiempo: B. 2 sets -10 facepull polea -40" Plancha codos REST b/s: 1'	TREN INFERIOR A1. 4 sets -10 Back squat máquina -Step up --> figura de 4 REST b/s: 2' A2. 3 sets -10 bulgarian/split squat -5 single squat (4" exc.) REST b/s: 1'30"-2' A3. 3 sets -10 spanish squat -10 banded monster walk -20" Copenhagen plank REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets -6 Cable chop (con rotación) REST b/s: 1'	FULL BODY A1. 4 sets -10 2xDB Hang C&J -Lanzamiento de balón a una pierna REST b/s: 2' A2. 3 sets -10 kitbl swing -30"-40"Press pallof REST b/s: 1'30"-2' A3. 3 sets -10 plancha lateral de rodillas + abd pierna -10 DB strict press sentados -40" wallsit con taco REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets -10 Desplazamiento de disco aductores -Biceps con una mancuerna REST b/s: 1'	TREN SUPERIOR A1. 4 sets -10 Pull ups (5/30"/5) -10 Ring rows (4" bajada) REST b/s: 2' A2. 3 sets -10 landmine barbell row -10 DB bird dog row REST b/s: 1'30"-2' A3. 3 sets -10 facepulls -20" Updown Kitbl ISO hold -10 Deadbug tapa en polea REST b/s: 1'30" * Si sobra tiempo: B. 2 sets -10 around head -40" High plank scapular retrac. REST b/s: 1'	TREN INFERIOR A1. 4 sets -10 Rerack DL -B stance RDL (4" bajada-2"abajo) REST b/s: 2' A2. 3 sets -10 Heavy DB glute bridge -10 lateral plank rodilla + abd REST b/s: 1'30"-2' A3. 3 sets -10 cossack squat TRX -20 Heavy farmer carry -10 Crusty lunge REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets -10 patadas de gúleo REST b/s: 1'	FULL BODY A1. 4 sets -10 Goblet squat -30"-40" Lateral plank REST b/s: 2' A2. 3 sets -10 remos en polea -10 Single leg RDL (4" bajada-2" abajo) REST b/s: 1'30"-2' A3. 3 sets -10 Push press -5 x lado pull-push rotando -40" bear walk REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets -10 Frog pumps -Elevaciones laterales REST b/s: 1'

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TIEN SUPERIOR	EXTRA DAY
	<p>A. BENCH PRESS 9x3@AHAFa -Rest 2' B/sets-</p>	<p>A. STRICT PULL UP 9x3@AHAFa -Rest 2' B/sets-</p>	<p>A. BACK SQUAT 9x3@AHAFa -Rest 2' B/sets-</p>	<p>A. STRICT PRESS 9x3@AHAFa -Rest 2' B/sets-</p>	<p>A. DEFICIT PUHSUPS 5x10 -Rest 1' B/sets-</p>	<p>ONLY FOR THE LEGENDS..... A. For Time: 500/400m Row 500/400m Ski 1000/800m Bike Erg -Rest 1:00-</p>
	<p>B. REVERSE GRIP BARBELL BENCH PRESS 4x10 @ AHAFa -Rest 2' B/sets-</p>	<p>B. LAT PULLDOWNS 4x10 -Rest 2' B/sets-</p>	<p>B. DEADLIFT 8-5-5-3-3-1@AHAFa -Rest 2' B/sets-</p>	<p>B. INVERTED SINGLE ARM KB PRESS 4x10 (EACH SIDE) -Rest 1' B/sets-</p>	<p>B. ELEVATED FEET RING ROWS 5x10 @ AHAFa -Rest 2' B/sets-</p>	<p>500/400m Ski 1000/800m Bike Erg 500/400m Row</p>
	<p>C. DOUBLE DB INCLINE BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-</p>	<p>C. BENT OVER BARBELL ROW 4x10 @ AHAFa -Rest 2' B/sets-</p>	<p>C. STEP BACK LUNGES FRONT RACKED 4x8@AHAFa (EACH LEG) rest as needed</p>	<p>C. PLATE FRONT RAISE 4x10 -Rest 2' B/sets-</p>	<p>C. TRICEP DIPS 4x10 -Rest as needed-</p>	<p>500/400m Ski 1000/800m Bike Erg 500/400m Row</p>
	<p>D. FLAT BENCH DB CHEST FLY 4x12 -Rest as needed-</p>	<p>D. RING FALLOUTS 4x10 -Rest as needed-</p>	<p>D. HAMSTRING RING CURLS 4x10 rest as needed</p>	<p>D. CHD HIP EXTENSION 4x10 -Rest 1' B/sets-</p>	<p>D. INCLINE DB HAMMER CURLS 4x10@AHAFa -Rest as needed-</p>	<p>-Rest 1:00- 1000/800m Bike Erg 500/400m Row 500/400m Ski</p>
	<p>E. BARBELL DRAG CURLS 4x10 -Rest as needed-</p>	<p>E. STANDING TRICEP EXTENSION W/BAND 4x10 -Rest as needed-</p>	<p>E. DB BOX STEP UPS 4x12@AHAFa rest as needed</p>	<p>E. DB LUNGES 4x10 (EACH SIDE) -Rest 2' B/sets-</p>	<p>E. SEATED TRICEP DB FRENCH PRESS 4x10 -Rest as needed-</p>	<p>B. CORE FINISHER</p>
	<p>F. STANDING ALT. DB CURL 4x10 reps -Rest as needed-</p>	<p>F. DOUBLE DB SKULL CRUSHERS 4x12 -Rest as needed-</p>	<p>F. SEATED DUMBELL CALF RAISE 4x15-20 rest as needed</p>	<p>F. ELEVATED TOE DOUBLE DB ROMANIAN DL 4x10 reps -Rest as needed-</p>	<p>F. DB SPIDER CURLS 4x10 -Rest as needed-</p>	<p>4 Rounds 10 Single Arm KB Situps (Left) 10 Single Arm KB Situps (Right) 10 KB Side Crunches (each side) 20 Plank KB Pull Unders -45 sec Face-Up Chinese Plank *Rest 2:00 b/t sets</p>