



PROGRAMACIÓN JUNIO 2026

SEMANA DEL 08 AL 14



681196435




INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS

PRÓXIMOS EVENTOS:

- 13 JUNIO, SPRING GAMES.

CROSSFIT


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	<p>ENDURANCE</p> <p>For time (t.c. 40')</p> <p>Cash in: 1500m Run</p> <p>then:</p> <p>6 Rounds of: 50 D.U. 12 Burpees</p> <p>Then :</p> <p>6 Rounds of: 12 Cal row 20 Jumping Lunges</p>	<p>WEIGHTLIFTING</p> <p>POWER SNATCH:</p> <p>EMOM 10': 3 power snatch tng @60%+...</p> <p>B. For time: 21-15-9 Power snatch (50/30) Strict HSPU 300 Run</p>	<p>STRENGHT</p> <p>A. EVERY 3' x 5 Rounds 4 Bench press@AHAFa 40" Sorensen hold</p> <p>B. For time (t.c. 25')</p> <p>100 Bench Press @60/43kg + 100 TTB *Every BREAK 100m Run</p>	<p>HERO'S DAY</p> <p>"ZACHARY TELLIER" (Tc 40)</p> <p>For Time</p> <p>10 Burpees - Run 200m - 10 Burpees 25 Push Ups - Run 200 - 10 Burpees 25 Push Ups 50 Lunges 100 sit ups - Run 200 - 10 Burpees 25 Push Ups 50 Lunges 100 sit ups 150 Air Squat - Run 200 m -</p>	<p>GYMNASTICS</p> <p>HSPU A. Emom 10' 6 Strict HSPU 15 Wallball</p> <p>B. Amrap 16' "If you go I go" 10 Cal 5 HSPU kipping deficit 10 Goblet squat@22,5/15</p>	<p>CHIPPER DUO</p> <p>A1-A2-A1-A2</p> <p>AMRAP 6': 12 DB snatch, alt synchro (25/17,5) 8 burpee box jump over relays 12 DB snatch synchro 16 CTB relays 3' rest</p> <p>AMRAP 6': 12 DB thruster synchro (dcha.) 200m together 12 DB thruster synchro (izda.) 20 Burpees over the DB relays</p>

ESPECIALIDADES PHOENIX BOX


LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GINMATICOS	COMPETITION
	<p>CLEAN & JERK</p> <p>A. 3 Rounds 14 Dumbbell Bulgarian Split Squats (7 each leg) 15 Weighted Back Extension o Good morning 20 Heavy Kettlebell Side Bends (10 each side)</p> <p>B. Emom 8' Muscle clean+Hing hang power clean+Push jerk@30%+</p> <p>C. Go for a H1 Clean + 2' pause jerk</p> <p>D. For time 50 Hang Power C&J@60% *6 BF Burpees</p>	<p>SEMANA 2 – Press básico</p> <p>Técnica: kettlebell clean doble</p> <p>Fuerza: Push press 5x5</p> <p>WOD (4 rondas):</p> <p>* 6 push press * 8 sandbag to shoulder * 40 m carry (moderado)</p> <p>Core: Planchas con peso</p>	<p>HSW</p> <p>A. Emom 10' 40" Shoulder taps/subidas a disco 10 V-ups alt+10 superman</p> <p>B. Técnica</p> <p>Movimiento gimnástico avanzado</p> <p>Recomendado para aquellas personas que dominen las HSPU</p> <p>C. Wod Amrap 8' Max m HSW/3 wallwalks (minimos pasos) 10 Air squat 100m Run</p>	<p>"ODD OBJECT MADNESS"</p> <p>WOD:</p> <p>AMRAP 15:</p> <p>* 20 m sandbag carry * 15 dumbbell snatch * 10 box step overs pesados</p> <p>-Briefing competitivo</p> <p>-Objetivo</p> <p>-Estrategia</p> <p>-Claves</p>

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
 <p>PHOENIX ACADEMY</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 Heavy wallball 20 Sit Ups 400m Run</p> <p>B3. FINISHER (HIIT) Emom 10' Max jump squat 40" wallsit hold</p>	<p>TRABAJO FULLBODY (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Every 3' for 6 rounds: -12 Incline Bench Press -10 Strict Pull 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 14': Max Burpee box jump over Max DB reverse lunges 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: 5 200m Run - 15 Australian pull up - 20" Iso banded row</p> <p>B2. FINISHER: 5 Rounds: 200m Run 15 Deadlift@80/50 10 Australian pull up</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 Puente 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 10 Rounds: 15 Double DB hang squat clean 8 Burpees over the DB</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 3x EMOM 4: MAX Push Press 40" Sorensen hold</p> <p>-Rest 3' - b/EMOM</p> <p>B.3 FINISHER (HIIT) Emom 10' (30" ON/30" OFF) HS hold/double KB OH hold Max push press @ empty bar</p>		

HYROX & HYBRID PROGRAM


	Hyrox365 Foundational program	Endurance	Hyrox365 Engine program	Hybrid	Hyrox365 Power program	Hyrox365 Complete program	
 <p>HYROX TRAINING CLUB</p>	<p>Main Workout 40 MINS 2 min Work/ 30s Rest, 16 Rounds (2 Circuits)</p> <p>Zone 1 - Couplet 8xDB Tricep Kickback 12xPushups Zone 2 RPE 7+ Run Zone 3 - Sprint, Rest, Repeat 100 M Row Sprint 00:10 Rest Zone 4 - Use long rope Sled Pull Zone 5 100 M Ski Erg Sprint 00:10 Rest Zone 6 - Couplet 4xDB Devil's Press 12xJump Squats Zone 7 8xDB Lawnmower Row Zone 8 - Couplet 8xKB Goblet Squats 16xWallballs</p>	<p>4 Rounds for time: 600m Run 30 kb swing @24/16 30 push up 30 V-ups</p>	<p>TOAM 32 MINS 8 total rounds. Rotate zones every 4 minutes</p> <p>Zone 1 400 M Run 01:00 Jogging Recovery MAX M Run Zone 2 20 Cal Row 00:20 Rest Zone 3 20xWallballs 20xPushups MAX x Wallballs Zone 4 20x Cal Ski 00:20 Rest</p>	<p>A. EVERY 3' X 5 RONDAS: 10 PRESS DE HOMBRO (60- 70%) 30" SHOULDER TAPS HAN STAND HOLD POSITION</p> <p>B. 10 Rounds for time: 200m Run 7,5 M ZANCADA (OH) @ 20B</p>	<p>Power Output Intervals 27 MINS 8 min Work/ 1 min Rest, 3 Rounds Zone 1 - KB Couplet 30xKB Goblet Squats 30xAlt KB Swings Zone 2 30xSandbag Zercher Lunge Forward 10xSandbag Push Press Zone 3 Partner 1: Sled Push into jump squats, Partner 2: Re 15 M Underhand Sled Push 5xJump Squats Rest</p>	<p>Conditioning 36 MINS 2:30 min Work/ 30s Rest, 12 Rounds Zone 1 550/650 M RowErg @RPE 8 Zone 2 Sandbag Walking Lunges Zone 3 550/650 M SkiErg @RPE 8 Zone 4 5xDB Hang Clean 10xPushups</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
	<p>TRABAJO DE FLEXIÓN DE CADERA</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A1. ALTERNATE FOR 5 to 6 Rounds</p> <p>8 hip thrust 15-20 band glute abd each (tumbado lateral)</p> <p>B. METCON</p> <p>5 Rounds for time: 12 devil press DB 16 lunges DB 12 cal ski</p>	<p>TRABAJO DE TRACCIÓN</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A1. ALTERNATE FOR 5 to 6 Rounds</p> <p>- 8 chin up -15 unilat band pull over each</p> <p>B. METCON</p> <p>AMRAP 16</p> <p>-10 renegade row -15 cal bike -20 m farmer carry</p>	<p>TRABAJO ACCESORIO TRACCIÓN/CADERA</p> <p>A. 5 Rounds: 10 RDL (pos bulharian sq) 40" fitball plank</p> <p>B. 5 Rounds: 10 pendley row 25 hollow rock</p> <p>C. HIIT MACHINES</p> <p>Emom 12'</p> <p>1: max cal 2: max burpees 3: max cal 4: rest</p>	<p>FLEXIÓN DE RODILLA</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A1. ALTERNATE FOR 5 to 6 Rounds</p> <p>5 Rounds: -5 back squat -12 slide Crossack squat</p> <p>B. METCON</p> <p>EMOM 12': Max inch worm (60" completos) Max double DB Thruster rest</p>	<p>TRABAJO DE EMPUJE</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A1. ALTERNATE FOR 5 to 6 Rounds</p> <p>5 Rounds: -12 seated filly press -10 m OVH db farmer carry</p> <p>B. METCON</p> <p>EMOM 20': odd: 20 bench press even: 4 cal ski * 2 reps bench + 5 kg * + 2 cal ski</p>	<p>TRABAJO ACCESORIO EMPUJE/RODILLA</p> <p>5 Rounds: -10 bench press -12 apertura con manc.</p> <p>5 Rounds: -12 reverse db lunge * each -30" unilat wall sit</p> <p>C. HIIT DB'S</p> <p>EMOM 12': Max DB Hang C&J alt. 40" plank hold Max DB reverse Lunges alt. 40" Sorensen hold</p>

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	<p>TREN SUPERIOR</p> <p>A. 4 sets x 6 reps - Bench press en máquina</p> <p>REST b/s: 2'</p> <p>A1. 4 sets x 10 reps - Pull ups (5/30/5)</p> <p>REST b/s: 2'</p> <p>B. 3 sets x 10 reps - DB 1-1-2 bench press - Jalón al pecho - 30" side plank</p> <p>REST b/s: 1'30"</p> <p>C. 3 sets x 10 reps - Remo unil. DB - DB skull crusher</p> <p>REST b/s: 1'-1'30"</p> <p>* Si sobra tiempo: D. 2 sets - 10 facepull polea - 10 tricep ext. polea</p> <p>REST b/s: 1'</p>	<p>TREN INFERIOR</p> <p>A. 4 sets x 6-8 reps - Back squat machine</p> <p>REST b/s: 2'</p> <p>A1. 3 sets x 8-10 reps - Zancadas en máquina</p> <p>REST b/s: 2'</p> <p>B. 3 sets x 10-12 reps - Spanish squats - 40" plank hold - 20m bodyweight/light walking lunges</p> <p>REST b/s: 1'30"-2'</p> <p>* Si sobra tiempo: C. 2 - 3 sets - 60" Wallsit hold - 10 banded glute bridge</p>	<p>FULL BODY</p> <p>A. 4 sets x 10-12 reps - Push ups</p> <p>REST b/s: 2'</p> <p>A1. 4 sets x 10 reps - Australian pull ups</p> <p>REST b/s: 2'</p> <p>B. 4 sets x 12-15 reps - Goblet squat - Gorilla row (desde el suelo) - Curl biceps polea</p> <p>REST b/s: 1'30"</p> <p>C. 3 sets x 12-15 reps - Elevaciones laterales - Back lunges DB ligera</p> <p>REST b/s: 1'30"</p>	<p>TREN SUPERIOR</p> <p>A. 4 sets x 6-8 reps - Seated strict press machine</p> <p>REST b/s: 2'</p> <p>A1. 4 sets x 8-10 reps - Barbell row</p> <p>REST b/s: 2'</p> <p>B. 3 sets - 8 Inch worms - 10-12 chest supperoted row</p> <p>REST b/s: 1'30"</p> <p>B1. 3 sets x 10 reps - Db strict press alt. - Ring rows</p> <p>REST b/s: 1'-1'30"</p> <p>* Si sobra tiempo: C. 2-3 sets - 10 Face pull - 10 front taps en cuadrupedia</p> <p>REST b/s: 1'</p>	<p>TREN INFERIOR</p> <p>A. 4 sets x 8-10 reps - Landmine DL</p> <p>REST b/s: 2'</p> <p>A1. 3 sets 8 reps - 2xktlbi front rack split squat</p> <p>REST b/s: 2'</p> <p>B. 4 sets x 10 reps - 2xktlbi sumo DL - Banded HEAVY DB ISO glute hold - Rotation press pallof (5 each)</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 3 sets x 10 reps - DB box step ups - Ktlib swing</p> <p>REST b/s: 1'-1'30"</p>	<p>FULL BODY</p> <p>A. 4 sets x 10-12 reps - DB bench press</p> <p>REST b/s: 2'</p> <p>A1. 4 sets - 10-12 reps - Hack squat en máquina (pies juntos y adelantados)</p> <p>REST b/s: 2'</p> <p>B. 3 sets x 12 reps - Remo al mentón en polea - Zancadas laterales cossack (asistidas con TRX si es necesario) - Pull over en polea (tumbado)</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo: C. 2-3 sets x 12 sets - Zoltman curl - DB Drag through plank</p> <p>REST b/s: 1'- 1'30"</p>

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	<p>A. BENCH PRESS 8x4@AHAFa -Rest 2' B/sets-</p>	<p>A. STRICT PULL UP 8x4@AHAFa -Rest 2' B/sets-</p>	<p>A. BACK SQUAT 8x4@AHAFa -Rest 2' B/sets-</p>	<p>A. STRICT PRESS 8x4@AHAFa -Rest 2' B/sets-</p>	<p>A. RING PUHSUPS 5x10 -Rest 1' B/sets-</p>	<p>ONLY FOR THE LEGENDS..... A.For time w/Partner 150 cal assault bike</p>
	<p>B. ALT. DB BENCH PRESS 4x10 @ AHAFa(EACH SIDE) -Rest 2' B/sets-</p>	<p>B. DOUBLE DB PRONE ROW 4x10 -Rest 2' B/sets-</p>	<p>B. DEADLIFT 8x4@AHAFa -Rest 2' B/sets-</p>	<p>B. SEATED ARNOLD PRESS 4x10 -Rest 1' B/sets-</p>	<p>B. STRICT PULL UPS 5x10 @ AHAFa -Rest 2' B/sets-</p>	<p>*EM2M 4 Burpees B/O then 3 rounds 50 cal Ski 50 GHD's 20 Squat Cleans (70/50)</p>
	<p>C. ALT. INCLINE DB BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-</p>	<p>C. NEUTRAL GRIP LAT PULLDOWN 4x10 @ AHAFa -Rest 2' B/sets-</p>	<p>C. BARBELL FRONT SQUAT 1+1/2 REP 4x8@AHAFa 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>D. STANDING CHEST APERTURES/BANDED 4x12 -Rest as needed-</p>	<p>D. SUPPORTED SINGLE ARM DB ROW 4x10 (EACH SIDE) -Rest as needed-</p>	<p>D. DB GOOD MORNINGS 4x10 rest as needed</p>	<p>D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-</p>	<p>D. DB SPIDER CURLS 4x10@ AHAFa -Rest as needed-</p>	<p>B. CORE FINISHER 4 Rounds</p>
	<p>E. SEATED ALT. DB CURL 4x10 (EACH SIDE) -Rest as needed-</p>	<p>E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed-</p>	<p>E. BAND PULL THROUGH 4x12@AHAFa rest as needed</p>	<p>E. ALT. DOUBLE DB STEP BACK LUNGES 4x10 (EACH SIDE) -Rest 2' B/sets-</p>	<p>E. INVERTED SKULL CRUSHER 4x10 -Rest as needed-</p>	<p>15 GHD with medball 30yd Single DB Overhead Carry (Left- as heavy as possible) 30yd Single DB Overhead Carry (Right - as heavy as possible) 15 Oblique Med Ball Twists (each side) 30yd Single DB Overhead Carry (Left- as heavy as possible) 30yd Single DB Overhead Carry (Right - as heavy as possible) 30 sec side plank (each side) 30 sec plank 30yd Single DB Overhead Carry (Left- as heavy as possible) 30yd Single DB Overhead Carry (Right - as heavy as possible)</p>
	<p>F. DB PREACHER CURL 4x10 reps -Rest as needed-</p>	<p>F. SINGLE ARM DB KICKBACK 4x12(EACH SIDE) -Rest as needed-</p>	<p>F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed</p>	<p>F. SINGLE LEG DB HIP THRUST 4x10 reps -Rest as needed-</p>	<p>F. INCLINE DUMBBELL CURL 4x10 -Rest as needed-</p>	