



PROGRAMACIÓN AGOSTO 2026

SEMANA DEL 10 A 16



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INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS

Esta semana habrá una ligera variación en los horarios de manera excepcional en planta baja. Las actividades de Academy se realizarán en las instalaciones del Box.

Clases de Hyrox

De lunes a viernes tendréis dos horarios de clases de Hyrox, a las 7,30h y a las 19,30h.

Clases de preparación física

De lunes a viernes tendréis dos horarios, a las 9,30h y a las 17,30h.

ACTIVIDADES DE PLANTA BAJA EN PHOENIX BOX

CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
CrossFitPTB	WEIGHTLIFTING	GYMNASTICS	STRENGTH	CHIPPER	CHIPPER		
	PUSH JERK + SPLIT JERK A. EVERY 90´´ X 8 Rounds (1+1)@70%+ B. 4 Rounds for time: 20 TTB 15 Push jerk@70/50 kg 20 Cal Row/Ski	CHIN UPS Emom 12´ 8 strict Chin ups 60" Sorensen Hold B.AMRAP 15´ 2 rope climb 10 bench press with DBs @25/17,5kg 20 DL with Dbs@25/17,5 kg	BACK SQUAT 20´ To reach a H2 B.For Time: 10-9-8-7-6-5-4-3-2-1 Bar Muscle UP Front Squat@70/55kg *Every round 30 Doble Unders	"FIGHT GONE BAD" Workout 3 Rounds for Max Reps: 1:00 WBS 20/14lb 1:00 SDHP 35/25kg 1:00 Box Jump 60/50cm 1:00 Push Press 35/25kg 1:00 Cal Row 1:00 Rest	For time (team of 3) 100 Assault cal 100 Wallball alt (2) 45 pull up (2) 30 HSPU shynchro (2) 30 Burpees shynchro (3) 45 pull up (2) 100 Wallball alt (2) 1500m Run		

ESPECIALIDADES PHOENIX BOX

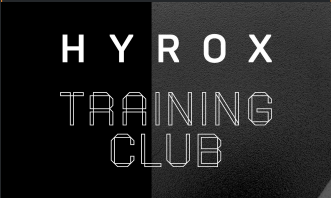
LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION			
PHOENIXBOXPHOENIXBOX.ES							

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE CADERA (CICLO 5) A. TRABAJO DE FUERZA (20´) 10 Peso muerto rumano 10 Back rack lunges each leg 5 Nordic curl B. FINISHER Amrap 15´ 10 DL 10 Inch worm 20 Wallball	TRABAJO DE EMPUJE (CICLO 5) A. TRABAJO DE FUERZA (20´) 10 Press inclinado con DB 12 Elevaciones laterales 10 Extension de tricep B. FINISHER 4 Rounds for time: 20 DB snatch alt 400m Run 60 DB one hand Bench press	TRABAJO DE RODILLA (CICLO 5) A. TRABAJO DE FUERZA (20´) 10 Sentadilla goblet 8 Sentadilla goblet con tempo 2020 60" Wall sit B. FINISHER Amrap 14´ 20 Front squat@ empty bar 250m Row 20 Burpees	TRABAJO FULLBODY (CICLO 5) A. TRABAJO DE FUERZA (20´) A1. Every 3´ for 6 rounds: - 8 Zercher squat - 40" wall sit hold A2. 5 Rounds: - 6 db step up + press - 60" wall sit B. FINISHER EMOM 14´: 20 Double bench press 40" Plank	TRABAJO DE TRACCIÓN (CICLO 5) A. TRABAJO DE FUERZA (20´) 10 Deadlift 8 Dominadas lastradas 8 Remo con mancuerna unilateral B. FINISHER: 6 Rounds: 4 Man maker 8 Medball sit ups 16 Air squat		

HYROX & HYBRID PROGRAM

	Hyrox365 Foundational program	Hyrox Endurance	Hyrox365 Engine program	Hyrox Hybrid strength program	Hyrox365 Power program	Hyrox365 Complete program	
	Main Workout 40 MINS Zone 1 20 Jumping squats 10m Broad Jumps Zone 2 20m Sandbag Walking Lunges For remaining time Max m Run Zone 3 20x Hollow Body Up and Over 200m SkiErg @ RPE 7 Zone 4 20x Pushups 20x KB Deadlifts to High Pull Zone 5 20x Dual DB Snatch 5x DB Squat thrust	A.6 Sets 10/7 Assault cal. sprint 5/5 - 10/10 -15/15 - 10/10 - 5/5 Shuttle Run 200m Row Rest 3´ b/t sets	TO5M 40 MINS Zone 1 Rest and transition in remaining time 1000m Run Zone 2 Rest and transition in remaining time 40x KB Deadlift Shuttle Run 500m RowErg Zone 3 Rest and transition in remaining time 1000m SkiErg Zone 4 Rest and transition in remaining time 40x DB Push Press 20x Burpees Chest to Floor	A. Strength 5 Rounds alternate: 10 Press banca (70%+) -1´ rest- 10 chin up estricto -1´ rest- B. Conditioning Emom 10´ 5 Strict HSPU+16 Jumping lunges alt.	Functional Strength 22 MINS Zone 1 Ascending AMRAP - Add 2 reps to each exercise each round 4x KB Reset Swings 4x Superman Rows 4x Wide Arm Pushup Zone 2 Partner 1: Sled Push (TIMER), Partner 2: Hammer curls then hold until partner finishes Partner 1 20m Walking lunges Partner 2 5x DB Hammer Curls For remaining time DB Hammer Curl Iso Hold Intensity Intervals 20 MINS Zone 1 DB Devil's Press Zone 2 DB Bulgarian Split Squat Zone 3 Row Sprint @ RPE 9 Zone 4 KB Deadlift Zone 5 Wallball Alternating Overhead Rotational Slams		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') A. ALTERNATE FOR 5 to 6 Rounds 8 BENCH PRESS -rest 1'- 60" Wall sit hold straighth weighted arms -rest 2'- B. METCON 20 Rounds for time in pairs "I go you go" 20m OH walk 10 Double DB push press	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 8 CHIN UP -rest 1'- 12 Arnold press -rest 2'- B. METCON 2 Rounds alt A1/A2 A1,Amrap 4': 15 SDLHP KB 10 Burpees rest 2' A2,Amrap 4' 15 knees2chest/sit up 15 ring row	TRABAJO ACCESORIO TRACCIÓN/EMPUJE A. 5 Rounds: 5 Rounds: 10 db row bird dog pos. 40" press pallof. each side B. 5 Rounds: 8 press bottom ktb 50 " hollow hold C. HIIT MACHINES EM2M x 6R (for max cal each) Stair machine (6) bike cal row cal	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 8 One leg DL alt R+L -rest 1'- 40 sorensen hold -rest 2'- B. METCON EMOM 12': 10/8 Cal SKI + max DOUBLE db deadlift	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 8 BACK SQUAT -rest 1'- 10 Single arm trx row each -rest 2'- B. METCON 6 rounds for time: 10 v-ups alt each 20m Dumbbell Front Rack Walking Lunges 10 Step up 20m Dumbbell Front Rack Walking Lunges	

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TOTAL GYM A.ALTERNATE FOR 6 ROUNDS EVRY 3' 10 Bent Over Row 10 Press Frances con barra B.4 TO 5 ROUNDS OF: 10 Press Arnold/each arm 20 Leg Raises over the Ktb C.EMOM 10' Max cal Ski Max push ups	TREN INFERIOR A1. 4 sets x 4-6 reps - Back smith squat (box) - Subidas a cajón <i>REST b/s: 2'</i> A2. 4 sets x 4-6 reps - Ktlbl/barbell DL - ISO glute bridge con bandas (30") <i>REST b/s: 2'</i> 4 ROUNDS: - 10 zancadas - 16 shoulder taps - 10 spanish squat	TREN SUPERIOR A1. 4 sets x 4-6 reps - Bench press barra máquina - Remo con barra <i>REST b/s: 2-3'</i> A2. 4 sets x 4-6 reps - Lat pull down - Ecc. push ups <i>REST b/s: 1'-1'30"</i> 4 RONDAS: - 8 remo unilateral DB - DB Deadbug pullover - 8 DB push press	FULL BODY A1. 4 sets x 8-10 reps - Seated db strict press - 1 arm ktlbl swing <i>REST b/s: 1'30"</i> A2. 4 sets x 8-10 reps - Double ktlbl front rack squat - Farmer carry 20m <i>REST b/s: 1'30</i> A3. 4-5 ROUNDS - 10 elevaciones laterales - Sentados tracciones en polea máxima rotación (6 x lado) - 8 ktlbl DL asimétrico	TREN INFERIOR A1. 4 sets x 4-6 reps - Smith machine split squat - Spanish squat <i>REST b/s: 2'</i> A2. 4 sets x 4-6 reps - Barbell rack DL - Standing banded hip flexor ISO <i>REST b/s: 1'30"-2'</i> A3. 4 - 5 rondas - 10 ktlbl Goblet squat - Plank hold 40" - 10 DB Zancadas	



PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x4@AHAFa -Rest 2´ B/sets- B. ALT. INCLINE DB BENCH PRESS 4x10 @ AHAFa -Rest 2´ B/sets- C. DOUBLE DB BENCH PRESS 4x10@AHAFa -Rest 2´ B/sets- D. FLAT BENCH DB CHEST FLY 4x12 -Rest as needed- E. SEATED ALT. DB CURL 4x10 (EACH SIDE) -Rest as needed- F. SINGLE DB WAITER HOLD CURL 4x10 reps - Rest as needed-	A. STRICT PULL UP 4x4@AHAFa -Rest 2´ B/sets- B. BODY ROW ON RACKED BARBELL 4x10 -Rest 2´ B/sets- C. SINGLE ARM LAT PULLDOWN 4x10 @ AHAFa -Rest 2´ B/sets- D. LYING DB PULLOVER BENCH 4x10 -Rest as needed- E. STANDING TRICEP DB FRENCH PRESS 4x10 -Rest as needed- F. SINGLE ARM DB SKULL CRUSHER 4x12(EACH ARM) -Rest as needed-	A. BACK SQUAT 4x4@AHAFa -Rest 2´ B/sets- B. DEADLIFT 4x4@AHAFa -Rest 2´ B/sets- C. BARBELL FRONT SQUAT:1 AND 1/2 REPS 4x8@AHAFa rest as needed D. DB GOOD MORNINGS 4x10 rest as needed E. WEIGHTED HIP THRUST 4x10@AHAFa rest as needed F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed	A. STRICT PRESS 4x4@AHAFa -Rest 2´ B/sets- B. SEATED ARNOLD PRESS 4x10 -Rest 1´ B/sets- C. RING Y RAISE 4x10 -Rest 2´ B/sets- D. GHD HIP EXTENSION 4x10 -Rest 1´ B/sets- E. LATERAL BAND WALK 4x10m (EACH SIDE) -Rest 2´ B/sets- F. RUSSIAN KB SWING 4x10 reps - Rest as needed-	A. RING PUHSUPS 5x10 -Rest 1´ B/sets- B. STRICT PULL UPS 5x10 @ AHAFa -Rest 2´ B/sets- C. RING DIPS 4x10 -Rest as needed- D. INCLINE DB CURLS 4x10@ AHAFa -Rest as needed- E. BARBELL SKULL CRUSHERS 4x10 -Rest as needed- F. STANDING ALT. DB CURL + SINGLE DB DOUBLE HEAD CURL 4x10 -Rest as needed-	ONLY FOR THE LEGENDS..... A.3 Rounds 3 Person Team P1: 40/30 cal Bike Erg* P2: 40/30 cal Ski Erg* P3: 40/30 cal Row* Transition Work (pick one and complete together b/t machine transitions): Station 1: 400m 3-person Run Station 2: 30 Burpee Box Get Over (48/42) Station 3: 40 synchro abmat situps B. CORE FINISHER 4 rounds: 15 Stick Sit Ups 30 Flutter Kicks (each side) 30 Heel taps (each side) 30 yd Isolateral DB Farmers Carry (left) 30 yd Isolateral DB Farmers Carry (right) *Rest 2:00 b/t sets