



PROGRAMACIÓN JULIO 2026

SEMANA DEL 13 A 19



681196435



INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS

◀ RECORDATORIO IMPORTANTE: NORMAS Y ACCESO SYSTEM

📅 ACCESO Y HORARIOS

Reserva previa obligatoria: Imprescindible para poder acceder al centro.

Puerta Delantera (Torno Academy): Abierta de L-J (07:00 a 20:30), V (07:00 a 19:30) y S (09:00 a 12:00).

Puerta Trasera (System): Utilizar exclusivamente fuera de los horarios anteriores.

👉 NORMAS EN LA SALA

Uso de toalla obligatorio en toda la zona de musculación.

Prohibido abrir la puerta a cualquier persona (sea usuaria o no).

Cierra bien la puerta al entrar y salir.

Recoge el material (mancuernas, barras, cajones, etc.) y descarga las máquinas tras usarlas.

Usa las papeleras para tirar botellas o residuos.

⚠ El incumplimiento de estas normas será motivo de sanción económica y/o suspensión temporal o definitiva del derecho de acceso a las instalaciones.

ACTIVIDADES DE PLANTA BAJA EN PHOENIX BOX

CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	STRENGTH A. 5 Rounds (every 4') 3 Deadlift T&G 20 V-ups alt. 40" wallsit hold B. 3 Rounds for time: 400 m run 12 DL (bodyweight) 20 Box Jumps	MODIFIED CINDY 10 Rounds For Time 1-2-3-4-5-6-7-8-9-10 Power Clean @85/60 5 Pull-Ups 10 Push-Ups 15 Air Squats	GYMNASTICS A. 5 Rounds (every 4') 5 Strict Ring Dips 200m Run 30" 90° legs monkey hold B. Emom 16' choose your work 1) 1 to 5 gimnástico complejo 2) 200m row/rower/run/ski 3) 15 to 20 gimnásticos simple 4) rest (aprovecha a trabajar debilidades)	ENDURANCE Every 10' X 4 Rounds Alt. A1,A2 A1: 500 m run 25 wall ball 20 burpees box jump over A2: 20 burpees box jump over 25 wall ball 500 m run *Max time working 9'	WEIGHTLIFTING SQUAT C&J A. 10 rounds every 90" (1.1.1) Squat clean 3" stop down Squat clean & split jerk w/2" pause receiving pos. B. 8' to find a H1 Squat C&J C. AMRAP 12' 18 Cal row/ski 12 Push Jerk @43/25 kg 6 Bar Muscle Ups	SATURDAY BY PAIRS A. EMOM 10': EVEN: 200M RUN ODD: 20 HEAVY WALLBALLS REST 5' B.AMRAP 20' in pairs 10 BURPEES TT SYCHRO 4 ROPE CLIMB (2 EACH, ALT) 10 FRONT SQUAT SYNCRO @50/35KG 100 DOBLE UNDERS EACH	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GYMNASTICS	COMPETITION			
	SNATCH A. 3 Rounds 10 Barbell Good morning 20 Banded deep squat 10 Barbell Muscle snatch B. Emom 9' 1 Power snatch + OHS start at your 40%+ C.10' To reach a H1 of: Snatch D. For time 10 Snatch at your 50% -rest 1'- 10 Snatch at your 60% -rest 1'- 10 snatch at your 70% -rest 1'- Max snatch at your 80% until 10'	SEMANA 6 – Press + fatiga Técnica: Log clean & press fluido Fuerzas: Push press 5x3 WOD (chipper): * 30 m carry * 20 push press * 15 sandbag * 30 m carry	KIPPING Y D.U. A. Emom 10' 5 Strict Pull up 40 Jumping jacks B. Técnica KIPPING Movimiento gimnástico básico Recomendado para todos D.U. Movimiento gimnástico físico Recomendado para todos Recomendado traer vuestra propia comba para personalizar la largura del cable C. Wod 21/15/9 Pull ups D.U.	CROSSFIT GAMES "GYMNASTICS FLOW & SKILL" WOD: Regional Nate (adaptado) AMRAP 16: * 2 muscle-ups (o progresión) * 4 lunges overhead (KB/DB) * 8 swings _____ "ENDURANCE & MENTAL GAME" WOD: Triple 3 (versión clase) For time: * Row 2000 m * 200 double-unders * Run 1600 m _____			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO FULLBODY (CICLO 4) A. TRABAJO DE FUERZA (20') 4 ROUNDS: LANDMINE THRUSTER GORILLA ROW LANDMINE ROTATION B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press CAMBIAR - 60" wall sit B2. FINISHER EMOM 14" Max Push press Max Cal. Max V-UPS. B3. FINISHER (HITT) Emom 10" Max bike cal Max S.U.	TRABAJO DE TRACCIÓN (CICLO 4) A. TRABAJO DE FUERZA (20') BENT OVER ROW CABLE SINGLE ROW ZANCADA BICEPS TRX B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" iso banded row B2. FINISHER: 5 Rounds: 15 Australian pull up 20 GHD Back extension 20m Sled push B3. FINISHER (HITT) Emom 10" Max Row cal Superman hold	TRABAJO DE CADERA (CICLO 4) A. TRABAJO DE FUERZA (20') HIP THRUST ASIMÉTRICO DB HIGH STEP UP COPHENAGUE PLANK B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 10 good morning - 60" hollow hold B2. FINISHER: 10 Rounds: 10 Burpees 5 Man maker is shuttle run (247,5m) B3. FINISHER (HITT) Emom 10" Max ski cal Rest	TRABAJO DE EMPUJE (CICLO 4) A. TRABAJO DE FUERZA (20') BENCH PRESS C/ STOP CABLE SINGLE PRESS DB FRENCH PRESS B. ACCESORIO/FINISHER (20') B1. ACCESORIO (FUERZA UNILAT/INESTABILIDAD) 5 Rounds: - 10 unilat db press each - 20" bar hold flex hip B2. FINISHER EMOM 16" 20 Push ups 20 Wallball 20 Ski cal. -Rest 3'- b/EMOM B.3. FINISHER (HITT) Emom 10" (30"ON/30"OFF) HS hold/double KB OH hold Max push press @ empty bar	TRABAJO DE RODILLA (CICLO 4) A. TRABAJO DE FUERZA (20') PINED SQUAT BULGARIAN SQ (ISO CATCH) + CONCENTRIC // SPLIT SQUAT (ISO CATCH) NORDIC CURL GHD B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit B2. FINISHER AMRAP 14" 400m Run 20 KB swing 10 Burpees over the KB B3. FINISHER (HITT) Emom 10" Max jump squat 40" wallsit hold		

HYROX & HYBRID PROGRAM

	Hyrox365 Foundational program	Hyrox Endurance	Hyrox365 Engine program	Hyrox Hybrid strength program	Hyrox365 Power program	Hyrox365 Complete program	
HYROX TRAINING CLUB	Rep/Interval Scheme: 2 min Work/ 40s Rest, 15 Rounds (3 circuits) Main Workout 40 MINS RPE 7.5 MAX m RowErg Zone 2 Couplet (pushups till failure and then restart) 10x KB Gossinger Swing MAX Pushups Zone 3 MAX m Underhand Sled Push Zone 4 RPE 7.5 MAX m SkiErg Zone 5 Couplet (push press till failure and then restart) 10x DB Deadlifts MAX DB Push Press	For time: 5 Rounds For Time 22 Kettlebell Swings @24/16 Zone 1 22 Box Jumps 400 meter Run 28 Burpees 22 Wall Ball	Rep/Interval Scheme: 3 min Work/ 30s Rest, 12 Rounds Non-Running Engine Work 42 MINS Zone 1 AMRAP Couplet 5x DB Devil's Press 10x Dual DB Forward Lunge Zone 2 RPE 6-7 MAX m RowErg Zone 3 MAX Wallballs Zone 4 RPE 6-7 MAX m SkiErg	A. Amrap 20' 400m Run 15kg swing 20 Push ups 15 DB thrusters 200m Farmer carry	A. Rep/Interval Scheme: 9 min Work/ 2 min Rest, 2 Rounds Functional Power 22 MINS Zone 1 Partner Workout 6x DB Lunge to Step up Partner 1: TIMER MAX m RowErg Partner 2: Zone 2 High Rep Couplet - Once complete rest 20 seconds then repeat 30x KB Goblet Squats 30x Alternating Vertical Toe Touches 00:20 Rest B. Format: Descending AMRAP = Remove one rep each round. Once Athletes complete Round of 1 rep: Complete 100x Push Ups For Time. Optional: After Pushups, Rest 2mins, Repeat Pushups Functional Output 18 MINS #1 10x Alt DB Snatches #2 10x Burpees Chest to Floor #3 100x Pushups Once 1 reps are complete	ZONE 1. work in pairs 18': 300 M RUN (RELAYS) 40 Wall Ball (alt 1-1) 20m Sled push + pull -REST 4'- ZONE 2. work in pairs 18': 300 M ROW (RELAYS) 40m Lunges each 20m Burpee broadjump each.	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: 133 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	MIERCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 BACK SQUAT -rest 1'- 60" Chin up hold -rest 2'- B. METCON Amrap 14' 10 Double db front sq 10 Burpees 10 Double db push press	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 CHIN UP -rest 1'- 60" Wall sit hold -rest 2'- B. METCON 4 Rounds for time (tc 16') 20 Australian pull up 15 cal row 20 Sit ups 15 Ski cal	TRABAJO ACCESORIO RODILLA/TRACCIÓN A. 5 Rounds: 6 db step up + press 60" wall sit B. 5 Rounds: 15 DB glute bridge 20" iso banded row C. HIIT MACHINES EMOM 18" 12 Assault cal 12 Burpees Max box step over	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 One leg DL alt R+L -rest 1'- 10 Filly press each arm -rest 2'- B. METCON 4 Rounds for time: 10 DB Snatch (R) 10 Assault cal 10 DB Snatch (L) 20 DB box step over	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 BENCH PRESS -rest 1'- 60" Double KB OH walk hold -rest 2'- B. METCON Amrap 9' 10 KB swing 10 push up 10 Goblet squat	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds: 10 good morning@barbell 60" hollow/plank hold B. 5 Rounds: 15 db floor press 10 banded scapular press C. HIIT DB's EMOM 12" Max Hang CBJ DB alt 40" plank hold Max DB reverse Lunges alt.

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO
	TREN INFERIOR A1. 4 sets x 4-6 reps - Back smith squat (box) - Subidas a cajón REST b/s: 2' A2. 4 sets x 4-6 reps - Kibitz/barbell DL - ISO glute bridge con bandas (30") REST b/s: 2' 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 REST b/s: 2-3' A2. 4 sets x 4-6 reps - Lat pull down - Ecc. push ups REST b/s: 1'-1'30" 4 RONDAS: - 8 remo unilateral DB - Deadbug pullover - 8 DB push press	FULL BODY A1. 4 sets x 8-10 reps - Seated db strict press - 1 arm ktbil swing REST b/s: 1'30" A2. 4 sets x 8-10 reps - Double ktbil front rack squat - Farmer carry 20m REST b/s: 1'30" A3. 4-5 ROUNDS - 10 elevaciones laterales - Sentados tracciones en polea máxima rotación (8 x lado) - 8 ktbil DL asimétrico	TREN INFERIOR A1. 4 sets x 4-6 reps - Smith machine split squat - Spanish squat REST b/s: 2' A2. 4 sets x 4-6 reps - Barbell rack DL - Standing banded hip flexor ISO REST b/s: 1'30"-2' A3. 4 - 5 rondas - 10 Goblet squat - Plank hold 40" - Bodyweight/lightweight step ups REST 1'30"	TREN SUPERIOR A1. 4 sets x 6 reps - Pull ups - 16 dead bug con disco REST b/s: 2' A2. 5 sets x 8 reps - Db strict press - Face pull en polea REST b/s: 1' A3. 4 RONDAS - 5-5 Australian pull up - 10 Seated DB alt. strict press - 10 extensiones de triceps	FULL BODY A1. 4 sets - 8-10 ktbil swing - 10 Puente de gluteo con DB REST b/s: 1'30" A2. 4 sets x 8-10 reps - Lat pull down doble en polea - Pallof rotation en polea (6 x lado) B. 4-5 RONDAS - 10 Push press - 10 Barbell biceps curl - 10 DB zancadas

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + CADERA	PIERNAS SUPERIORES	EXTRA DAY
	A. BENCH PRESS 4x10@AHAF -Rest 2' B/sets-	A. STRICT PULL UP 4x10@AHAF -Rest 2' B/sets-	A. BACK SQUAT 4x10@AHAF -Rest 2' B/sets-	A. STRICT PRESS 4x10@AHAF -Rest 2' B/sets-	A. RING PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A.4 Sets 2:30 AMRAP 200m Ski Erg 15 Pullups Max Waitballs in remaining time -Rest 2:30 h/t sets-
	B. BARBELL INCLINE BENCH PRESS 4x7 @ AHAF -Rest 2' B/sets-	B. BODY ROW ON RACKED BARBELL 4x15 @ AHAF -Rest 2' B/sets-	B. DEADLIFT 4x10@AHAF -Rest 2' B/sets-	C. SEATED ALTERNATING DOUBLE DB SHOULDER PRESS 4x10 EACH ARM -Rest 2' B/sets-	C. RING ROWS W/FEET ELEVATED 5x10 @ AHAF -Rest 2' B/sets-	
	C. 1.12 DB BENCH 4x10 @ AHAF(each side) -Rest 2' B/sets-	C. LAT PULL DOWN 4x10 @ AHAF -Rest 2' B/sets-	C. DB WALKING LUNGES 4x10 rest as needed	C. PLATE FRONT RAISE 4x10 -Rest 2' B/sets-	C. DOUBLE DB SKULL CRUSHERS 4x10 @ AHAF -Rest 2' B/sets-	
	D. Flat bench DB chest fly 4x10 @ AHAF -Rest as needed-	D. SUPPORTED SINGLE ARM DB ROW 4 sets x 12 EACH ARM -Rest as needed-	D. REAR FOOT ELEVATED DB SPLIT SQUAT 4x10 rest as needed	D. DB SODER CURL 4x10@ AHAF -Rest as needed-		B. CORE FINISHER 4 Rounds 10 Weighted Hip Thrust 10 Deficit Sumo DB/KB Deadlift 15 GHD Hip Extension 15 Barbell Srep Through Lunge 10 Single Arm KB Situps (Left) 10 Single Arm KB Situps (Right) 10 Dip Support Leg Raise 10 Ab wheels 60 Sec Plank Hold 30 yd Banded KB Overhead Walk -Rest 2 min b/t round-
	E. INCLINE DUMBBELL HAMMER CURLS 4x10 @AHAF -Rest as needed-	E. SEATED TRICEP DB FRENCH PRESS 4x10 EACH ARM -Rest as needed-	E. STANDING BARBELL CALF RAISE 4x15-20 rest as needed	D. 4 rounds alt 20 GHD HIP EXTENSION 10M BANDED LATERAL WALK EACH SIDE E. KNEELING BANDED HIP EXTENSION 4x15	E. STANDING TRICEP EXTENSION W/BAND 4x10 -Rest as needed-	
	F. BARBELL CURL 21's 4x10 reps - Rest as needed-	F. STANDING TRICEP EXTENSION W/BAND 4x10				