



PROGRAMACIÓN AGOSTO 2026

SEMANA DEL 17 AL 23



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 usuario 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	
	ENDURANCE For time: 10 Rounds for time (t.c. 40'): 20 D.U. 10 Wallball 20 Sit-ups 10 Burpee BJO 1000 m bike/500 m Row	CHIPPER 6 Rounds Alternate A1/A2 A1. Amrap 4' 5 Power Snatch@60/45) 5 Wall Walk 15 CTB -rest 2'- A2. Amrap 4' 6 Front Squat 12 TTB 18 Push ups -res 2'-	WEIGHTLIFTING SQUAT C&J A. Every 90" x 8 rounds Power Clean + Squat Clean + Push Jerk @60%+ B. Every 4' for 4 rounds 250 m Row/Ski 10 C&J @50/30kg 12 Bar Facing Burpees	BENCHMARK MARLEY For Time Part A 5 Rounds of: 10 Bench Presses@60/43 10 Deadlifts 10 Back Squats Part B 8 Rounds of: 500 meter Run Rest 2 minutes	STRENGTH SUMO DL 20' To reach a HZ B. 5 Rounds synchro for time: 20 DB squat @22.5/15 15 TTB Syncro 20 DB step up 200 m Run Syncro	GYMNASTICS ROPE CLIMB A. 4 Rounds for time in pairs: 20/16 Bike cal. each 6 Rope climb relay 15 Synchro Thrusters@40/25kg B. Accesory: 4 to 5 Rounds 21 Barbell Biceps 15 Triceps Extensions 10 m Monster Walk	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION			
	SQUAT SNATCH Ev 20" x 8 Rounds: 1 Sq Snatch (50-60%) Ev 30" x 8 Rounds: 1 Sq Snatch (60-70%) Ev 45" x 8 Rounds: 1 Sq Snatch (70-80%) EMOM 10' 1 Sq Snatch (80% ... +) EMOM 10' 1. 10 OHS (60%)+ Max Burpees over the bar 2. Rest	SEMANA 10' – Press básico Técnica: Log clean (o kettlebell clean doble si no hay log) Fuerza: Push press 5x5 WOD (4 rondas): * 6 push press * 8 sandbag to shoulder * 40 m carry (moderado) Core: Planchas con peso	HSPU A. Emom 10' 30" HS hold 8 seated strict press @ 20B's B. Técnica Movimiento gimnástico básico Recomendado para todos C. Wod 9/6/3 HSPU Medball clean	"WATERFALL CHIPPER" WOD: For time: * 50/40 cal row * 40 toes to bar * 30 shoulder to overhead * 20 box jump overs * 10 muscle-ups ——— "SPRINT SHOWDOWN" WOD: 6 rondas: * 10 thrusters * 10 chest to bar Rest 1 min ———			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE TRACCIÓN (CICLO 5) A. TRABAJO DE FUERZA (20') 6 Deadlift 8 Dominadas lastradas 10 Remo con mancuerna unilateral B. FINISHER (20') 8 Rounds: 5 Strict pull ups 10 Double DB squat clean 15 cal row	TRABAJO DE CADERA (CICLO 5) A. TRABAJO DE FUERZA (20') 10 Peso muerto rumano 5 Curl femoral unilat en máquina 40" sorensen hold B. ACCESORIO/FINISHER (20') EMOM 18': Max DL@60/40 60 D.U. 20 Burpees	TRABAJO DE EMPUJE (CICLO 5) A. TRABAJO DE FUERZA (20') 12 Press banca 8 Press militar de pie 8 Fondos en paralelas lastrados B. FINISHER (20') 4 Rounds for time: 50 KB Swing@24/16 300m Run 10 DB Box step up alt.	TRABAJO DE RODILLA (CICLO 5) A. TRABAJO DE FUERZA (20') 8 Back squat 5 Back squat con pausa 2" 10 Sentadilla búlgara/LADO B. FINISHER (20') Amrap 14' 12 thruster 400m run 10 burpee otb	TRABAJO FULLBODY (CICLO 5) A. TRABAJO DE FUERZA (20') Every 3' for 6 rounds: -12 Incline Bench Press -10 Strict Pull Up B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit B2. FINISHER EMOM 14': Max lunges alt. Max Push ups B3. FINISHER (HIIT) Emom 10' Max bike cal Max S.U.		

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 20x DB Bent Over Rows For remaining time Max reps Wallballs Zone 2 01:45 Run @ RPE 8 Zone 3 10m Underhand Sled Push 6x Jump Squats Zone 4 01:45 RowErg @ RPE 8 Zone 5 6x KB Push Press 12x KB Goblet Squats Zone 6 24x DB Split Squats 12x per side 12x Alt DB Snatches	For time 5 rounds of 30 Cal row 20m farmer carry front +20m farmer carry back 20 Box Jumps 3x10m sled push +10m sled back walk then tabata this: jumping lunges/jumping squats v-ups/hollow hold	Compromised Training 39 MINS Zone 1 Compromised Run - 18 minutes (3 runs, 3 couplets) 10x KB Squat Jacks 10x KB Goblet Reverse Lunge Couplet 03:00 Run @ RPE 7 Zone 2 Compromised Ski - 18 minutes (3 runs, 3 couplets) 20x Wallballs 6x Burpee Broad Jumps Couplet 03:00 SkiErg @ RPE 7	A. Strength 5 Rounds alternate: 10 Front squat (70%) -1' rest- 30" chin up hold -rest 1'- B. Conditioning Emom 12' 10 V-ups + 10 Push ups	Core Strength 16 MINS Zone 1 Right side 00:40 DB Mixed Loaded High Kneeel to Stand Zone 2 00:40 Hollow Body Up and Over Zone 3 Left side 00:40 DB Mixed Loaded High Kneeel to Stand Zone 4 00:40 Sandbag Good Morning Strength Work 26 MINS Zone 1 Partner 1 40m KB Rack Carry Partner 2 150m RowErg @ RPE 9 Rest Until Partner 1 finishes Zone 2 Full Body Strength AMRAP - All counts total 10x DB Renegade Row 30x DB Reverse Lunges	Endurance Intervals 40 MINS Zone 1 03:00 Run @ RPE 7 Zone 2 Max m Sled Pull Zone 3 03:00 RowErg @ RPE 7 Zone 4 Ascending AMRAP - add 2 reps to Cluster and Deadlift High Pull each round (Reverse Lunge remains the same) 4x DB Clusters 4x DB Deadlift to High Pull 20x DB Reverse Lunges Zone 5 Max reps KB Goblet Reverse Lunge	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): Zone 4 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	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 8 HIP THRUST -rest 1'- 30" ABD banded apertures plank hold each leg -rest 2'- B. METCON 10 Rounds for time 10 double KB DL 20 mountain climbers 10 Box step up alt.	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 8 STRICT PRESS -rest 1'- 40m Farmer carry -rest 2'- B. METCON Amrap 16': - 10 devil press - 500 m bike - 20 m db lunges	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds: 12 db reverse lunge 20m monstern walk (banda en pies) B. 5 Rounds: 12 db double bench press Max V-ups C. HIIT DB's 3x EMOM 4'/2' REST 15 burpees 15 DB snatch (R) 15 burpees 15 DB snacth (L)	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 8 PULL UP -rest 1'- 30" Press pallof each side lunge pos -rest 2'- B. METCON 5 Rounds: 750m row 12 ring row 10 push ups	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 8 ZOMBIE SQUAT/FRONT SQUAT -rest 1'- 10 Patada isquilo goma tobillo -rest 2'- B. METCON Emom 14' 10 sandbag squat clean 40" Hollow hold	TRABAJO ACCESORIO TRACCIÓN/RODILLA A. 5 Rounds: 12 Gorilla row 60" plank hold B. 5 Rounds: 6 Bulgarian split squat each leg 10 weighted Goodmornings C. HIIT MACHINES Amrap 16' in pairs "I go you go" - 10 cal row - 10 push up

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR (FUERZA) A1. 3 sets - 8-10 DB Bench press (2"-0"-2") -10-12 Push ups (4"-2"-1") REST b/s: 1' 30" A2. 3 sets - 8-10 Seated DB Press militar (2"-0"-2") - 10-12 Contralateral one leg DB strict press (DB MUY ligera) REST b/s: 1' 30" A3. 3 sets - 8-10 DB Skull Crusher (2"-0"-2") - 10-12 Unilat. tricep extens. polea REST b/s: 1' 30" B. 3 sets 45" - Inestable plank (plancha de codos y tocar una mancuerna delante) REST b/s: 1' 30"	TREN INFERIOR (ESTABILIDAD) 3 RONDAS x 12 reps (Rest between rounds: 1' 30") - Squat to one leg (figura de 4) Aguantar 2 segundos a una pierna REST 30"-45" then: - One leg RDL (DB ligera) REST 30"-45" then: - 45" Bear crawl REST 30"-45" then: - Plancha lateral (30" lado) REST 30"-45" then: - Equilibrio a una pierna con alcance adelante (si se pierde el equilibrio no cuenta)	FULL BODY A1. 3 sets - 8-10 Kibbi RDL (2"-0"-2") - 40" ISO glute bridge REST b/s: 1' 30" A2. 3 sets - 8-10 Jalón al pecho (2"-0"-2") - 10-12 DB unilateral row REST b/s: 1' 30" A3. 4 ROUNDS - 12 Up-down plank - 12 DB bench press cerrado - 20 m Farmer carry REST b/s: 1' 30"	TREN SUPERIOR (CORE+PROPIOCEPCIÓN) A1. 3 sets - 12 taps Polea Deadbug - 10 Plancha lateral (rodilla apoyada) + abducción pierna REST b/s: 1' 30" A2. 3 sets - 8-10 Landmine Press zancada (4"-2"-1") - 10 reps 1 arm TRX row REST b/s: 1' 30" A3. 3 sets - 10 pasos drch/izq en plancha alta (mover mismo brazo-misma pierna) - 30" ISO Face pull REST b/s: 1' 30"	TREN INFERIOR A1. 3 sets - 8-10 Globlet squat (2"-0"-2") -10 box thrusters (no tiene que pesar mucho) REST b/s: 1' 30" A2. 3 sets - 10 DB back lunges - 10 box step ups (sin carga) REST b/s: 1' 30" A3. 4 RONDAS - 8 inch worm - 12 Slow mountain climbers - 60" Wallsit REST b/s: 1' 30"	FULL BODY 2- 3 RONDAS 10-15 reps (Rest between rounds: 1' 30") - Back Squat (1"-1"-1") Aguantar 1 segundo abajo REST 30" then: - 15 DB 1-1-2 bench press REST 30" then: - 10 (each) TRX/DB Lateral lunge REST 30"-45" then: - 10 (each) Gorilla row REST 30"-45" then: - 30" press pallof REST 30"-45" then: - 12 Bird dog

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x4@AHAF4 -Rest 2' B/sets-	A. STRICT PULL UP 4x4@AHAF4 -Rest 2' B/sets-	A. BACK SQUAT 4x4@AHAF4 -Rest 2' B/sets-	A. STRICT PRESS 4x4@AHAF4 -Rest 2' B/sets-	A. DEFICIT PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A. 5 sets 1:30 AMRAP 10 Thrusters 115/80 Max 25ft Shuttle Runs in remaining time *Rest 1:30 b/t sets*
	B. DOUBLE DB BENCH PRESS 4x10 @ AHAF4 -Rest 2' B/sets-	B. BENT OVER BARBELL ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 4x4@AHAF4 -Rest 2' B/sets-	B. STRICT HSPIU 4x10 -Rest 1' B/sets-	B. BODY ROW ON RACKED BARBELL 5x10 @ AHAF4 -Rest 2' B/sets-	B. Partner WOD 3 Rounds 3 Person Team P1: 40/30 cal Bike Erg* P2: 40/30 cal Ski Erg* P3: 40/30 cal Row*
	C. DOUBLE DB incline BENCH PRESS 4x10@AHAF4 -Rest 2' B/sets-	C. LAT PULL DOWN 4x10 @ AHAF4 -Rest 2' B/sets-	C. SPANISH SQUAT 4x10@AHAF4 rest as needed	C. PLATE FRONT RAISE 4x10 -Rest 2' B/sets-	C. TRICEP DIPS 4x10 -Rest as needed-	Transition Work: Station 1: 400m 3-person Run Station 2: 30 Burpee Box Get Over Station 3: 40 synchro abmat situps
	D. DOUBLE BAND CHEST FLY 4x12 -Rest as needed-	D. SEATED NEUTRAL GRIP ROW 4x10 -Rest as needed-	D. ELEVATED TOE DOUBLE DB ROMANIAN DL 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-	D. BARBELL DRAG CURL 4x10@ AHAF4 -Rest as needed-	
	E. STANDING ALT DB CURL 4x10 -Rest as needed-	E. DOUBLE DB SKULL CRUSHER 4x10 -Rest as needed-	E. DB LUNGE WALKTHROUGHS 4x10@AHAF4 rest as needed	E. BAND PULL THROUGH 4x10 -Rest 2' B/sets-	E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed-	C. CORE FINISHER 4 Rounds: 10 Overhead Plate Situps 10 Strict Hanging Leg Raise 15 Oblique twists with medball (each side) 7 Alligator Rolls (each side) :45 sec Overhead DB Hold (each side) *Rest 2:00 b/t sets
	F. BARBELL CURL 21's 4x21 reps -Rest as needed-	F. SINGLE ARM STANDING TRICEP BANDED EXTENSIO 4x12 -Rest as needed-	F. SEATED DB CALF RAISE 4x15-20 rest as needed	F. DEFICIT SUMO DB/KB DL 4x10 reps -Rest as needed-	F. INCLINE DB CURLS 4x10 -Rest as needed-	