



PROGRAMACIÓN MAYO 2026

SEMANA DEL 18 A 24



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INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS

PRÓXIMOS EVENTOS:

- 13 JUNIO, SPRING GAMES.

CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	ENDURANCE: 3 Rounds For Time: 30 wall ball 60 Doble Unders 600m Run 60 Doble Unders 30 cal. row	COMPETITION TEST 15' GO FOR A H1 of: 1 Power snatch + 2 OHS + 1 Power snatch WOD 1. WFP 4 Rounds for time of: 25 TTB 500m Run 15 OHS	WEIGHTLIFTING SQUAT C&J 8 ROUNDS every 75" 1x Start at your 70%RM+ B.Partner WOD 4 Rounds (3'w/2'1) 200m Run Together 5 Wall Walk Syncro Max Squat Clean@90% of A alt. reps	GYMNASTICS HSPU A. EMOM 9': -30" handstand hold -12 DB push press (2X22,5/15) -rest B. AMRAP 14': 2-4-6-8-10.... HSPU DL@80/65kg Every round 10 wallball	STRENGTH A. In a 20' window 5 to 6 Rounds 4 Strict press 40" farmer carry hold@AHAFa B. Amrap 16' 25 Cal. 20 Db hang clean & jerk alt. 15 Burpees over the DB	PAIRS AMRAP 32' 1200 m Run (100m relays) then 14 rounds "YOU GO, I GO" 3 Bar Muscle UPS 6 Box Jump Overs 9 KB swing @ 32/24 Then in the remaining time: 200 m Run together 10 TTB Syncro 10 DB Snatches@30/22,5 kg Syncro


ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	ENDURANCE	GINNASTICOS	HYBRID
	SNATCH A. Emom 9' 1 Power snatch* + OHS start at your 40%+ *(2 seconds receiving position) B.10' To reach a H1 of: Snatch D. For time 10 Snatch at your 50% 100 Doble Unders -rest 1'- 10 Snatch at your 60% 75 Doble Unders -rest 1'- 10 snatch at your 70% 50 Doble Unders -rest 1'- Max snatch at your 80% until 10' 25 Doble unders	For time 5 Rounds of: 200m run 1w/1r at machine 400m run 1w/1r at machin 600m run 1w/1r at machine	HSPU A. Emom 10' 30" HS hold 8 seated strict press @ 2DB's B. Técnica Movimiento gimnástico básico Recomendado para todos C. Wod 9/6/3 HSPU Medball clean	A. Strength 4 Rounds alternate: 8 Back squat (70%) -1' rest- 6 Strict pull up -1' rest- B. Conditioning Amrap 15' 200m Run 15 Sb clean 20 Push ups 15 SB squats 20m Sandbag carry

PREPARACIÓN FÍSICA


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
	<p>TRABAJO DE CADERA (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Curf femoral con fitball Puente glúteo Curf 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 6 Rounds: 13-10-8-6-4-2 KB DL 5-10-15-20-25 Cal. *5 Burpees after each round</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 Extension de triceps 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 6 Rounds: 16 ktb swing 10 push up 400m Run 20 sit up</p> <p>B.3 FINISHER (HIIT) Emom 10' (30"ON/30"OFF) HS hold/double KB OH hold Max push press @ empty bar</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' 12 Thruster 400m Run 10 burpee</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 2' for 6 rounds: - 8 Inclinated Bench press - 40"Box soronsen hold</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" Iso banded row</p> <p>B2. FINISHER: 8 Rounds: 5 devil press 100m Run 20 Wallball</p> <p>B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold</p>	<p>TRABAJO DE TRACCIÓN (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Jalón al pecho Remo en polea baja Curf de bíceps con goma o DB</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" Iso banded row</p> <p>B2. FINISHER: 8 Rounds: 5 devil press 100m Run 20 Wallball</p> <p>B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold</p>		

HYROX & HYBRID PROGRAM

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO					
	<p>Main Workout 40 MINS Zone 1 10x KB Deadlifts to High Pull 5x KB Teapot Zone 2 Skierg, Rest, Repeat 150m SkiErg 00:10 Rest Zone 3 600m RowErg Partner 1. TIMER 30x DB Thrusters Partner 2 MAX m Run Zone 4 10m Overhand Sled Push 10m Sled Pull Zone 4 Row, rest, repeat 150m RowErg 00:10 Rest Zone 5 5x DB Bicep Curls 10x DB Thrusters</p>	<p>Partner Workouts 40 MINS Zone 1 600m SkiErg Partner 1. TIMER 30x Pushups Partner 2 MAX m Run Zone 2 600m RowErg Partner 1. TIMER 30x DB Thrusters Partner 2 MAX m Run</p>	<p>Partner Workouts 40 MINS Zone 1 600m SkiErg Partner 1. TIMER 30x Pushups Partner 2 MAX m Run Zone 2 600m RowErg Partner 1. TIMER 30x DB Thrusters Partner 2 MAX m Run</p>	<p>Chipper Strength 16 MINS #1 80x DB Reverse Lunges #2 40x Knee Tuck Push-ups #3 40x Alt DB Snatches #4 00:30 Rest</p> <p>Strength and Power 24 MINS Zone 1 Sled pull, rest and repeat 20m Arms Only Sled Pull 00:20 Rest Zone 2 Until Failure, then rest and repeat MAX DB Bench Press 00:30 Rest Zone 3 Couplet 20x Alt KB Swings 10x Power up Zone 4 Skierg Sprint, rest, repeat 10 kcal Calorie Ski 00:20 Rest</p>	<p>Doubles Prep 32 MINS Zone 1 RPE 8+ Run Zone 2 I Go, You Go 6x DB Push Press Zone 3 RPE 8+ Run Zone 4 I Go, You Go 100m Ski Erg Sprint</p> <p>Finisher 12 MINS Zone 1 Wallballs Zone 2 Sandbag Walking Lunges Zone 3 RPE 9 RowErg Zone 4 DB Devil's Press</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>	<p>HYROX365 Foundational</p>	<p>ENDURANCE</p>	<p>HYROX365 Engine</p>	<p>HYBRID</p>	<p>HYROX365 Power</p>	<p>HYROX365 Complete</p>

SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO
	<p>TRABAJO DE FLEXIÓN DE RODILLA</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A. ALTERNATE FOR QUALITY</p> <p>5 Rounds:</p> <p>6 BACK-SQUAT</p> <p>60" wall sit</p> <p>B. FINISHER</p> <p>8 Rounds for time in pairs relay:</p> <p>5 Assault cal. only legs</p> <p>10 Goblet squat</p> <p>15 Sit ups</p>	<p>TRABAJO DE FLEXIÓN DE CADERA</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A. ALTERNATE FOR QUALITY</p> <p>5 Rounds:</p> <p>6 HIP THRUST</p> <p>40" side plank + hip flex each side</p> <p>B. FINISHER</p> <p>For Time:</p> <p>500-400-300-200-100m row</p> <p>10-20-30-40 deadlift</p>	<p>TRABAJO ACCESORIO RODILLA/CADERA</p> <p>A. 5 Rounds:</p> <p>10 Back rack lunges</p> <p>40" banded hollow</p> <p>B. 5 Rounds:</p> <p>8 banded glute bridge 4/4/4</p> <p>20 air squat (sin ext - flex 90°)</p> <p>20 m monster walk</p> <p>C. HIIT DB's</p> <p>For Time:</p> <p>500-400-300-200-100m row</p> <p>10-20-30-40 deadlift</p> <p>12 DB snatch alt</p> <p>9 DB squat</p> <p>6 Burpees over the DB</p>	<p>TRABAJO DE EMPUJE</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A. ALTERNATE FOR QUALITY</p> <p>5 Rounds:</p> <p>6 STRICT PRESS</p> <p>50" shoulder tap</p> <p>B. FINISHER</p> <p>Amrap 12':</p> <p>-20 cal ski</p> <p>-12 push press</p> <p>-16 v- ups</p>	<p>TRABAJO DE TRACCIÓN</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>A. ALTERNATE FOR QUALITY</p> <p>5 Rounds:</p> <p>6 STRICT PULL UP</p> <p>20 banded face pull</p> <p>B. FINISHER:</p> <p>5 Rounds For time:</p> <p>16 db hang c&j</p> <p>10 ring row</p> <p>8 burpee</p>	<p>TRABAJO ACCESORIO EMPUJE/TRACCIÓN</p> <p>A. 5 Rounds:</p> <p>12 db bench press</p> <p>10 db skull crush</p> <p>8 Unilat banded db press</p> <p>B. 5 Rounds:</p> <p>10 db row</p> <p>10 bar curl</p> <p>5 excentric pull up</p> <p>C. HIIT MACHINES</p> <p>EM2M x 6R (for max cal/reps each)</p> <p>-Stair machine (6)</p> <p>-10 KB SDHP + 10 Ring row</p> <p>-SKI cal</p>

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO
	<p>TREN SUPERIOR</p> <p>A. 2 sets</p> <p>-10 DB Bench press</p> <p>REST b/s: 2'</p> <p>A1. 2 sets</p> <p>- 8 hands off push up (bajo en 4")</p> <p>REST b/s: 2'</p> <p>B. 2 sets</p> <p>- 10 Seated BB strict press machine</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 2 sets</p> <p>- 10 landmine press a una pierna (contralateral)</p> <p>REST b/s: 1'30"-2'</p> <p>C. 2 sets</p> <p>- 4 man maker</p> <p>- 10 DB press en puente glúteo</p> <p>- 10 row plank en polea</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo:</p> <p>D. 2 sets</p> <p>- 10 facepull polea</p> <p>- 40" Up-down plank</p> <p>REST b/s: 1'</p>	<p>TREN INFERIOR</p> <p>A. 2 sets</p> <p>-10 Back box squat</p> <p>REST b/s: 2'</p> <p>A1. 2 sets</p> <p>- 10 Spanish squat (bajo en 4")</p> <p>REST b/s: 2'</p> <p>B. 2 sets</p> <p>- 10 contral. ktibl split squat</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 2 sets</p> <p>- 10 40"-60" plank hold</p> <p>REST b/s: 1'30"-2'</p> <p>C. 2 sets</p> <p>- 10 banded (goblet) squat (ligero)</p> <p>- 20m farmer carry</p> <p>- Banded ISO glute bridge</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo:</p> <p>D. 2 sets</p> <p>- 40" Wallsit hold</p> <p>REST b/s: 1'</p>	<p>FULL BODY</p> <p>A. 2 sets</p> <p>-10 DB strist press</p> <p>REST b/s: 2'</p> <p>A1. 2 sets</p> <p>- 10 disc good mornings/light ktibl DL</p> <p>REST b/s: 2'</p> <p>B. 2 sets</p> <p>- 10 inclined DB press alt.</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 2 sets</p> <p>- 12 bird dog</p> <p>REST b/s: 1'30"-2'</p> <p>C. 2 sets</p> <p>- 10 Box step up (DB ligera)</p> <p>- 10 face pull</p> <p>- 30" Press pallof</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo:</p> <p>D. 2 sets</p> <p>- 10 DB single arm row</p> <p>- 10 Triceps ext. polea</p> <p>REST b/s: 1'</p>	<p>TREN SUPERIOR</p> <p>A. 2 sets</p> <p>-10 Jaión al pecho</p> <p>REST b/s: 2'</p> <p>A1. 2 sets</p> <p>- 10 gorilla row</p> <p>REST b/s: 2'</p> <p>B. 2 sets</p> <p>- 10 remos sentados polea</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 2 sets</p> <p>- 10 pullover unil. polea</p> <p>REST b/s: 1'30"-2'</p> <p>C. 2 sets</p> <p>- 12 Y.T.W raises</p> <p>- 30" lateral plank</p> <p>- 10 banded biceps</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo:</p> <p>D. 2 sets</p> <p>- 10 escapular retrac TRX</p> <p>- 10 Thread the needle</p> <p>REST b/s: 1'</p>	<p>TREN INFERIOR</p> <p>A. 2 sets</p> <p>-10 1xktibl DL</p> <p>REST b/s: 2'</p> <p>A1. 2 sets</p> <p>- 10 banded curl de isquios</p> <p>REST b/s: 2'</p> <p>B. 2 sets</p> <p>- 10 light DB glute bridge (bajo en 4")</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 2 sets</p> <p>- 10 banded monster walk</p> <p>REST b/s: 1'30"-2'</p> <p>C. 2 sets</p> <p>- 10 zancada lateral ASISTIDA</p> <p>- 10 Plancha lateral rodilla + abd</p> <p>- 10 unil. glute bridge (sin carga)</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo:</p> <p>D. 2 sets</p> <p>- 10 subir bajar pierna tumbados (asistir con banda)</p> <p>- 30" elevación de pierna en pared</p> <p>REST b/s: 1'</p>	<p>FULL BODY</p> <p>A. 2 sets</p> <p>-10 LIGHT goblet squat (controlar la técnica)</p> <p>REST b/s: 2'</p> <p>A1. 2 sets</p> <p>- 12 SLOW mountain climbers</p> <p>REST b/s: 2'</p> <p>B. 2 sets</p> <p>- 10 chest supported DB rows</p> <p>REST b/s: 1'30"-2'</p> <p>B1. 2 sets</p> <p>- 10 DB floor press (tumbados)</p> <p>REST b/s: 1'30"-2'</p> <p>C. 2 sets</p> <p>- 10 DB pull over (opción en posición de deadbug)</p> <p>- 40" ISO frog pump (como el puente de glúteo pero con los pies juntos)</p> <p>- 40" SLOW Bear crawl</p> <p>REST b/s: 1'30"</p> <p>* Si sobra tiempo:</p> <p>D. 2 sets</p> <p>- 10 TRX rows</p> <p>- 10 biceps polea</p> <p>REST b/s: 1'</p>

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	<p>A. BENCH PRESS 5x10@AHAFa -Rest 2' B/sets-</p>	<p>A. STRICT PULL UP 5x10@AHAFa-Rest 2' B/sets-</p>	<p>A. BACK SQUAT 5x10@AHAFa -Rest 2' B/sets-</p>	<p>A. STRICT PRESS 5x10@AHAFa -Rest 2' B/sets-</p>	<p>A. RING PUHSUPS 5x10 -Rest 1' B/sets-</p>	<p>ONLY FOR THE LEGENDS.....</p> <p>A. For time 800m Run 1600m Bike Erg 600m Run 1200m Bike Erg 400m Run 800m Bike Erg 200m Run 400m Bike Erg</p>
	<p>B. ALT. INCLINE DB BENCH PRESS 4x10 @ AHAFa -Rest 2' B/sets-</p>	<p>B. BODY ROW ON RACKED BARBELL 4x10 -Rest 2' B/sets-</p>	<p>B. DEADLIFT 5x10@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>B. CORE FINISHER</p> <p>4 Rounds</p> <p>15 Strict Abmat Situps (hands next to head or across chest) :30 sec Flutter Kicks 15 V-ups 30 sec Copenhagen Plank (each side) 20 KB Front Rack Marches (each side)</p>
	<p>C. DOUBLE DB BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-</p>	<p>C. SINGLE ARM LAT PULLDOWN 4x10 @ AHAFa -Rest 2' B/sets-</p>	<p>C. BARBELL FRONT SQUAT:1 AND 1/2 REPS 4x8@AHAFa rest as needed</p>	<p>C. RING Y RAISE 4x10 -Rest 2' B/sets-</p>	<p>C. RING DIPS 4x10 -Rest as needed-</p>	<p>E. BARBELL SKULL CRUSHERS 4x10 -Rest as needed-</p>
	<p>D. FLAT BENCH DB CHEST FLY 4x12 -Rest as needed-</p>	<p>D. LYING DB PULLOVER BENCH 4x10 -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. INCLINE DB CURLS 4x10@ AHAFa -Rest as needed-</p>	<p>*Rest 2:00 b/t sets</p>
	<p>E. SEATED ALT. DB CURL 4x10 (EACH SIDE) -Rest as needed-</p>	<p>E. STANDING TRICEP DB FRENCH PRESS 4x10 -Rest as needed-</p>	<p>E. WEIGHTED HIP THRUST 4x10@AHAFa rest as needed</p>	<p>E. LATERAL BAND WALK 4x10m (EACH SIDE) -Rest 2' B/sets-</p>	<p>F. STANDING ALT. DB CURL + SINGLE DB DOUBLE HEAD CURL 4x10 -Rest as needed-</p>	
	<p>F. SINGLE DB WAITER HOLD CURL 4x10 reps - Rest as needed-</p>	<p>F. SINGLE ARM DB SKULL CRUSHER 4x12(EACH ARM) -Rest as needed-</p>	<p>F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed</p>	<p>F. RUSSIAN KB SWING 4x10 reps - Rest as needed-</p>		