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PROGRAMACIÓN ENERO 2026

SEMANA DEL 19 AL 25

ESPECIALIDADES PHOENIX

CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
CrossFit PTB	**WEIGHTLIFTING** FRONT SQUAT A) 20' To work until: 1 Rep Max B) 4-6 x power clean and jerk @70%RM 4-5 x 3 - 1 R Rest 2 Between Sets The Bar	**GYMNASTICS** Push ups A) 3 rounds: 7 - strict push ups + 10 kneeling push ups B. Cable T's 3 rounds: A. Bilateral Shoulder Stretch Bungee Pull up Bilateral Cable Pull Apart B. Cable Lat Stretch Cable Pull Through C) Wrists: 30 seconds each Wrist Circles Wrist Stretch Wrist Rolls D) Ankle: 30 seconds each Ankle Circles Ankle Stretch Ankle Rolls	**WEIGHTLIFTING** Squat Cycle A) 3 rounds: 10 reps B) Squat Cycle (TAC 80% +) A. RDL B. RDL TEMPO: 5 seconds eccentric C) Front squat @70%TM Front Rack Elbows High Pause 2 Seconds	**GYMNASTICS** Dip Bangs A) Dip Bangs: 10 reps B) Dip Bangs: 10 reps C) Dip Bangs: 10 reps D) Dip Bangs: 10 reps Dip Bangs: 10 reps Dip Bangs: 10 reps Dip Bangs: 10 reps Dip Bangs: 10 reps Dip Bangs: 10 reps Dip Bangs: 10 reps	**WEIGHTLIFTING** Cable T's: 30 reviews A) Lat Stretch Hold Wrist Curls Hold Wrist Rotation T's Rest 2 Between sets	**WEIGHTLIFTING** A) Tri Bangs A) Tri Bangs: 10 reps B) Tri Bangs: 10 reps C) Tri Bangs: 10 reps D) Tri Bangs: 10 reps Tri Bangs: 10 reps Tri Bangs: 10 reps Tri Bangs: 10 reps Tri Bangs: 10 reps Tri Bangs: 10 reps	**WEIGHTLIFTING** Tri Bangs A) 3 Rounds: 10 Bangs Rest 1 Between sets Tri Bangs A) 3 rounds alternating: Tri Bangs B) Front Squat@60%RM Set 1x: @60%RM Rest 1 min Set 2x: Cash Out: 12 rounds of 30s on 15s on/off

ENDURANCE

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIXBOX PHOENIX XV	ENERGY 24' 1. mass and Strike wrg A. Mass Wrg B. Strike drill C. mass D. Strike drill E. mass					

SÁLAS BOUTIQUE PHOENIX

ENTRENAMIENTO FUNCIONAL

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX Boutique	TRABAJO DE FUERZA DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR QUALITY 5 Rounds: A1 BACK SQUAT A2 Hinge Squat B. FINISHER 5 rounds of:A1/A2 EMOM 21' A1: 40 reverse lunge wb. A2: mountain climbers. rest 50" EMOM 21' A1: 40 gorebrothering A2: 5 Burpees	TRABAJO DE FUERZA DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR QUALITY 5 Rounds: A1 Hip thrust A2 Bulgarian Hamstring B. FINISHER EMOM 24: A1: 30 sit-ups A2: step up over Alternat	TRABAJO AUTOREGULACIÓN/CARDIO A. 5 Rounds: A1 Bike 30cal A2 Bulgarian split squat A. 5 Rounds: A1 40 Ski A2 step around 4" ensemble A. Sandwich glute bridge C. ART GRADUADO A: 2' Ski 1' Off A. 5 Ski/Lunges Non step over Alternat	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. 5 Rounds: A1 STRICT PRESS A2 " jerkin' press B. FINISHER For time: 100 bench press 40/30kg Every pace break 15 cal m² Every pace break 15 cal m²	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. 5 Rounds: A1 STRICT PULL UP Ohm-arch farmer carry B. FINISHER 5 Rounds for time: 15 scarecrow pull up 15 dead hangs 400 m Jóker	TRABAJO AUTOREGULACIÓN EMPUJE/TRACCIÓN A. 5 Rounds: 10 pushups 10 pull up A2 handstand wall A3 tandem kick press swich B. 5 Rounds: 10 push up A2 handstand wall A3 de cinco kind sing pies C. ART GRAL: Tempo: 02 1 Fire Bag 20 DL each: 1 Fire Bag Clean 20DL 1 Crave Bridge 30

FUNCIONAL BASIC

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX LEGENDS	TREN SUPERIOR A1. 4 sets Tempo: 3-0-X-0 (10/30") A1 Pull up (Con Lastre Add (mig-way) REST 1 min. 2' A2. 4 sets x 12 reps A2 Pecho tierra (Pecho prono (cabalitos) A2 pecho tierra vertical (cuerpo vertical) REST 1 min. 2' A. 4 RONDAS A1 Pull up (Con lastre A2 Flexion on DB A3 DB bench press	TREN INFERIOR A1. 4 sets x 5 reps Rep tempo (cuerpo superior) A1 Hip thrust (Cuerpo superior) REST 1' 30" A2. 4 sets x 5 reps A2 Sentadilla Frontal (cuerpo superior) A2 Sentadilla Frontal (cuerpo superior) REST 1 min. 2' / 1' 30" A. 3 RONDAS A1 Hip thrust (cuerpo plank A2 DB Clean lunge A3 Bulgarian squat REST 1 min. 2'	Full BODY A1. 4 sets x 8-10 reps A1 Pull up (Pull up supe A2 Sentadilla Frontal (cuerpo REST 1 min. 2' A2. 4 sets x 8-10 reps A2 Sentadilla Frontal (cuerpo A2 Sentadilla Frontal (cuerpo REST 1 min. 2' A. 4-5 RONDAS A1 Pull up (Pull up supe A2 Flexion on DB A3 Sentadilla Frontal (cuerpo A3 Sentadilla Frontal (cuerpo A3 Sentadilla Frontal (cuerpo