



PROGRAMACIÓN AGOSTO 2026

SEMANA DEL 24 AL 30



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	
	STRENGTH A. 5 Rounds (15') 4 STRICT PRESS 40" Hollow hold then 7' To reach a H1 STRICT PRESS B. AMRAP 12' 10 push press@50/35 kg 20 TTB 30 Lunges Body weight	WEIGHTLIFTING SNATCH A. Power Snatch 10' Emom x 1 *2 seconds receiving position -rest 2' - B. Squat Snatch 10' Emom x 1 C. AMRAP 12' 20 Hang power snatch@35/25kg 10 Ring Muscle Ups	GYMNASTICS A. HSW A. Emom 10' 1) Free Handstand hold(in pairs) 2) 25 V-ups B. 4 Rounds for time in pairs 10 SlamBall Squat@60/40kg each 20 medball sit ups 30 cal row 40" bearhug each athlete 50 KB swing@24/16	ENDURANCE 4 x Every 4' 8 burpees to target 30 cal bike 8 burpees to target REST 4' 4 x Every 4' 12 Wall Ball 24 cal Row 12 Wall Ball	CHIPPER 10 Rounds for time: 10 CTB 10 push ups 20 ktb Swings@24/16 kg 20 Air Squat	BY PAIRS AMRAP 30': 12 Rounds Alt. 10 Pus Jerk@60/45 kg 5 Burpee Pull Up Then in The Remaining Time AMRAP : 30 Box Jump Over Alt. 20 Dumbbell Snatch Syncro@25/17,5kg 30 Cal Row/Ski Alt.	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION			
	SQUAT CLEAN Ev 5'x 5 Rounds 1 Squat clean 70% - 75% - 80% - 85% - 90% then 3' to reach 1RM EMOM 12': 1. 10/7 Bike cal + Max Squat clean (T&G) (45%) 2. REST	SEMANA 11 – Carga pesada Técnica: Atlas stone (o sandbag heavy) Fuerza: Front squat 5x5 WOD (EMOM 16): * Min 1: 5 front squat * Min 2: 3-5 cargas pesadas * Min 3: descanso * Min 4: 40 m carry	BUTTERFLY A. Emom 10' 5 strict pull up (4"down) B. Técnica Movimiento gimnástico avanzado Recomendado para aquellas personas que dominan el Kipping: - Mínimo 2/3 dominadas estrictas con peso corporal - Mínimo 2/3 CTB con kipping C. Wod For time accumulate max pull ups (butterfly) *each break 300m Run	"ENGINE + GRIP TEST" WOD: AMRAP 18: * 500 m row * 20 kettlebell swings * 15 pull-ups — "SKILL CHAOS" WOD: AMRAP 14: * 5 handstand walk (tramos) * 10 dumbbell thrusters * 20 double unders			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO FULLBODY (CICLO 5) A. TRABAJO DE FUERZA (20') Every 4' for 5 rounds: - 10 Double DB bench press alt - 5 Bulgarian split squat each leg - 60" wall sit B2. FINISHER EMOM 18": 20 m OH kb carry each arm 40" Hollow hold Max S.U.	TRABAJO DE TRACCIÓN (CICLO 5) A. TRABAJO DE FUERZA (20') 6 Deadlift 9 Dominadas lastradas 10 Remo con mancuerna unilateral B. FINISHER (20') 8 Rounds: 10 Renegade row alt. 10 Double DB Push press 10 Double DB Front sq 100m run	TRABAJO DE CADERA (CICLO 5) A. TRABAJO DE FUERZA (20') 10 Peso muerto rumano 5 Curl femoral unilat en máquina 40" sorensen hold B. FINISHER (20') EMOM 20': Max Wallball Max Medball DL 40" Plank hold Rest	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: 400m Run 20 Double DB bench press 10 Air squat 10 Burpees	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' 20 DB thruster 10 Shuttle run (2x7,5m) 5 Wallwalk		

HYROX & HYBRID PROGRAM

	HYROX365 Foundational	HYROX Endurance	HYROX365 Engine	HYROX365 Complete	HYROX365 Power	HYROX PARTNER COMP. PREP	
	Main Workout 40 MINS Zone 1 A DB Walking Lunges B RowErg @ RPE 8 Zone 2 A Hollow Body Flutter Kicks B Sled Pull Zone 3 A Pushups B SkiErg @ RPE 8 Zone 4 A KB Goblet Squats B Burpees Broad Jumps Zone 5 A BB Plate Ground To Overhead (GTOH) B Speed Skaters	For time: 5 Rounds For Time 22 Kettlebell Swings @24/16 22 Box step up alt. 400m Run 22 Burpees 22 KB Goblet squat	Compromised Machine Work 40 MINS Zone 1 30m Burpee Broad Jumps For remaining time Max m Run @ RPE 7 Zone 2 80x Alt Plyo Step up For remaining time Max m RowErg @ RPE 7 Zone 3 30m Burpee Broad Jumps For remaining time Max m Run @ RPE 7 Zone 4 30x Wallballs For remaining time Max m SkiErg @ RPE 7	Full Body Conditioning 25 MINS Zone 1 TIMER *3 min time cap* 600-700m SkiErg Zone 2 Sled Couplet 10m Underhand Sled Push 10m Sled Pull Zone 3 Max m Run @ RPE 8 Zone 4 30m Sandbag Front Rack Lunge For remaining time Max reps Wallballs Finisher 10 MINS Zone 1 Partner 1: Farmer's Carry (TIMER), Partner 2: Low plank until partner finishes Partner 1 40m KB Farmer's Carry Partner 2 For remaining time Low Plank Zone 2 00:25 Row Sprint @ RPE 10 I Go You Go Sprint	Base Strength 18 MINS Zone 1 5x Burpees Chest to Floor For remaining time Max reps Speed Skaters Zone 2 10x Plank Up-Downs For remaining time Low Plank Zone 3 5x KB Deadlift For remaining time Max m KB Farmer's Carry Zone 4 Max reps in 60s Max reps Pushups Full Body Workout 24 MINS Zone 1 Partner 1: Sled push and Sled Drag (TIMER), Partner 2: Squat then rest for remaining time Partner 1 10m Overhand Sled Push 10m Sled Pull 10x Dual KB Rack squat Rest Until Partner 1 finishes Zone 2 DB Chipper 25x Dual DB Snatch 35x DB Hex Floor Press 45x DB Bent Over Rows	A. 3XEM3M 100m run+ski 100m run+sandbag lunges 100m run+wallball B. AMRAP 28': PARTNER PREP run together 1000m sik run together 40m Sandbag lunges run together 60 Wallball OP1 800m OP2 400m	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	HYROX Endurance	HYROX365 Engine	HYROX365 Complete	HYROX365 Power	HYROX PARTNER COMP. PREP	

SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE FLEXIÓN DE CADERA	TRABAJO DE TRACCIÓN	TRABAJO ACCESORIO CADERA/TRACCIÓN	TRABAJO DE FLEXIÓN DE RODILLA	TRABAJO DE EMPUJE	TRABAJO ACCESORIO RODILLA/EMPUJE
	A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 8 GLUTE BRIDGE 50" plank ball B. FINISHER EMOM 14': - 8/12 cal + max db snatch - rest	A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 8 CHIN UP 50" shoulder tap B. FINISHER Amrap 12': 8 man maker 12 step up 20 Sit ups	A. 5 Rounds: 10 good morning 60" hollow hold 15 db RDL B. 5 Rounds: 12 gorilla row 40 pallof press C. HIIT MACHINES EM2M x 6R (for max cal/ reps each) -Stair machine (6) -10 KB SDHP + 10 Ring row -Ski cal	A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 8 BACK SQUAT 60" wall sit B. FINISHER 8 Rounds for time: 10 globet squat 200 m row	A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 8 STRICT PRESS 20 m farmer carry B. FINISHER 20-15-10-5 bench press 50% of H1 10-20-30-40 AAB cal	A. 5 Rounds: 10 SUMO deadlift 40" banded hollow B. 5 Rounds: 10 db bench press 20 banded ext 10 seated filly press C. HIIT DB's 3x EMOM 4'/2' REST 10 Push ups + 10 Air squat 15 DB hang C&J (R) 10 Air squat + 10 Push ups 15 DB hang C&J (L)

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR (FUERZA)	TREN INFERIOR (ESTABILIDAD)	FULL BODY	TREN SUPERIOR (CORE+PROPIOCEPCIÓN)	TREN INFERIOR	FULL BODY
	A1. 3 sets - 10 Bench press máquina (2"-0"-2") -10 hands off push ups (4"-2"-1") <i>REST b/s: 1'-1'30"</i> A2. 3 sets - 10 Alternating DB Press militar - 10 Contralateral landmine one leg strict press (barra ligera) <i>REST b/s: 1'30"</i> A3. 3 sets - 8-10 DB close bench press (2"-0"-2") - 8-10 diamond push ups (4"-2"-1") (usar rodillas si es necesario) <i>REST b/s: 1'30"</i> B. 3 sets - 10 Row plank en polea (no poner mucho peso) <i>REST b/s: 1'30"</i>	3 RONDAS x 12 reps <i>(Rest between rounds: 1'30")</i> - 1 KtBl Front rack split squat (6 each) (4"-2" abajo-1") <i>REST 30"-45" then:</i> - Asymetric ktBl RDL (6 each) (4"-2" abajo-1") <i>REST 30"-45" then:</i> - 45" reverse bear crawl (Si no pueden cuadrupedia plank) <i>REST 30"-45" then:</i> - Plancha lateral rodilla apoyada + abd pierna (30" lado) <i>REST 30"-45" then:</i> - Equilibrio a una pierna Tocar: adelante, lateral, atrás (si se pierde el equilibrio no cuenta)	A1. 3 sets - 8-10 rack RDL (2"-0"-2") - 40" ISO glute bridge con taco <i>REST b/s: 1'30"</i> A2. 3 sets - 4/30"/4 Pull ups - 10 Bear DB unilateral row <i>REST b/s: 1'30"</i> A3. 4 ROUNDS - 6 KtBl swing - 12 subidas a cajón (DB media) - 6 chops de pie <i>REST b/s: 1'30"</i>	A1. 3 sets x 12 reps - Taps Polea Deadbug (Contral.) - Remo polea a una pierna (Contral.) <i>REST b/s: 1'30"</i> A2. 3 sets - 8-10 Landmine Press zancada (Contral.)(4"-2"-1") - 10 ring row <i>REST b/s: 1'30"</i> A3. 3 sets - Plancha alta levantar pierna-brazo contrario (si no pueden shoulder taps) - 10 pullover polea <i>REST b/s: 1'30"</i>	A1. 3 sets - 8-10 ktBl sumo squat (2"-0"-2") -10 1 DB box thrusters (no tiene que pesar mucho) <i>REST b/s: 1'30"</i> A2. 3 sets - 10 ktBl front rack back lunges - 10 box side step ups (sin carga) <i>REST b/s: 1'30"</i> A3. 4 RONDAS - 10 spanish squats - 6 Rotational core polea - 30" One leg box ISO glute bridge <i>REST b/s: 1'30"</i>	2- 3 RONDAS 10-15 reps (Rest between rounds: 1'30") - Front rack ktBl Squat (1"-1"-1") Aguantar 1 segundo abajo <i>REST 30" then:</i> - 15 DB 1-1-2 inclined bench press <i>REST 30" then:</i> - 10 (each) sliders lateral lunge <i>REST 30"-45" then:</i> - 10 (each) renegade row <i>REST 30"-45" then:</i> - 30" press pallof en zancada (rodilla apoyada) <i>REST 30"-45" then:</i> "Si sobra tiempo: AMRAP 4' BY PAIRS (mientras uno hace uno el otro hace el segundo) -Plancha de codos - 8 Burpees or DB snatch

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-	A. STRICT PULL UP 4x10@AHAFa -Rest 2' B/sets-	A. BACK SQUAT 4x10@AHAFa -Rest 2' B/sets-	A. STRICT PRESS 4x10@AHAFa -Rest 2' B/sets-	A. TEMPO PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A.15 min AMRAP For Rounds + Reps: 500/400m Bike Erg* 10 Double DB Squat 10 Double DB Clean and Jerks
	B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAFa -Rest 2' B/sets-	B. MEADOWS ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 4x10@AHAFa -Rest 2' B/sets-	B. DOUBLE DB Z PRESS 4x10 -Rest 1' B/sets-	B. CHIN UPS 5x10 @ AHAFa -Rest 2' B/sets-	B. For time 1000-800-600-400-200m Bike Erg 100-200-300-400-500m Row
	C. HEX PRESS 4x10@AHAFa -Rest 2' B/sets-	C. REVERSE GRIP LAT PULLDOWN 4x10 @ AHAFa -Rest 2' B/sets-	C. KB BELT SQUAT 4x10@AHAFa rest as needed	C. BENT OVER LATERAL RAISES 4x10 -Rest 2' B/sets-	C. TRICEP DIPS 4x10 -Rest as needed-	*30 Double unders after each row
	D. RESISTANCE BAND CHEST FLY 4x12 -Rest as needed-	D. DOUBLE DB STANDING BENT OVER ROW 4x10 /EACH ARM -Rest as needed-	D. LYING DB HAMSTING CURL 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-	D. BARBELL DRAG CURLS 4x10@ AHAFa -Rest as needed-	B. CORE FINISHER
	E. INCLINE DB HAMMER CURL 4x10 -Rest as needed-	E. DOUBLE DB SKULL CRUSHERS 4x10 -Rest as needed-	E. SINGLE LEG DB HIP THRUST 4x10@AHAFa rest as needed	E. DB LUNGE WALKTHROUGHS 4x10 (EACH SIDE) -Rest 2' B/sets-	E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed-	4 rounds
	F. RING CURL 4x10 reps - Rest as needed-	F. SINGLE ARM DB KICKBACK 4x12 -Rest as needed-	F. SEATED DB CALF RAISE 4x15-20 rest as needed	F. BAND PULL THROUGH 4x10 reps - Rest as needed-	F. SINGLE DB WAITER HOLD CURL 4x10 -Rest as needed-	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