



PROGRAMACIÓN MAYO 2026

SEMANA DEL 25 A 31



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INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS


PRÓXIMOS EVENTOS:

- 13 JUNIO, SPRING GAMES.


CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	<p>MURPH</p> <p>ORIGINAL VERSION For time</p> <p>1600m Run 100 Pull ups 200 Push ups 300 Air squats 1600m Run Wear a Weight Vest (20/14 lb)</p> <p>SCALED VERSION 1600m Run 10 Rounds of: 10 Pull ups 20 Push ups 30 Air squats 1600m Run</p> <p>The PHOENIX "MURPH" (IN PAIRS)</p> <p>Op 1 4 Rounds For Time 800m Run together 20 rounds "you go i go" 5 Pull-Ups 10 Push-Ups 15 Air Squats</p> <p>Op2 For time 1600m Run together 200 Pull ups relays 400 Push ups relays 600 Air squat relays 1600m Run together</p> <p>Partition the Pull-Ups, Push-Ups, and Air Squats as needed</p>	<p>ENDURANCE</p> <p>EMOM 40'</p> <p>15 Row cal 15 Box Jump@70/60 15 Ski cal 60" wallsit hold Rest</p>	<p>STRENGTH</p> <p>A. Strength</p> <p>5 Rounds alternate: 4 Strict press (70%) 40" Sorensen hold -rest 2'-</p> <p>B. Amrap 16'</p> <p>25 Bike cal 20 Double Db hang clean & jerk. 15 Burpees over the DB</p>	<p>PHOENIX BENCHMARK</p> <p>A. Strength</p> <p>Emom 10' 3 strict pull up + 1 Clean (60%+)</p> <p>B. GRACE + CINDY</p> <p>For time 30 Clean-and-Jerks@60/43kg</p> <p>*4 round of "Cindy" each break 5 Pull-Ups, 10 Push-Ups, 15 Air Squats</p>	<p>POWER SNATCH</p> <p>A. 6 ROUNDS EVERY 75" Snatch Balance (NO MORE THAN 40% RM)</p> <p>B. 10" To look for H1 of: Hang Power Snatch + Power Snatch</p> <p>C.4 rounds of : 300m Run 6 Power Snatch@70%</p> <p>REST 90" between rounds</p>	<p>PARTNER WOD</p> <p>A. Emom 12' 1) Max free Handstand hold 2) Max leg raises over the KTB 3) 40" Holding discs with fingers@2x 15/10kg</p> <p>B. 3 Rounds for time in pairs 80 Cal 60 HSPU 40 DL@100/80</p>


ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	ENDURANCE	GIMNASTICOS	HYBRID
	<p>HANG CLEAN</p> <p>A. Emom 9' 1x hang power clean + squat clean @50-75% (NOT 1&g)</p> <p>B.10" To reach a H1 of: Squat clean</p> <p>C. For time 100 Power clean@40%H1*</p> <p>*Every break 5 Burpee Box Jump Over</p>	<p>ENDURANCE</p> <p>40' for max rounds alt A1/A2/A3</p> <p>A1. For time 20 Assault cal. 20 Ski cal. (1w/1r)</p> <p>A2. For time 500m run 20 Bike cal (1w/1r)</p> <p>A3. For time 20 Burpees 20 Wallball (1w/1r)</p>	<p>BUTTERFLY</p> <p>A. Emom 10' 5 strict pull up (4"down)</p> <p>B. Técnica</p> <p>Movimiento gimnástico avanzado</p> <p>Recomendado para aquellas personas que dominan el Kipping:</p> <p>- Mínimo 2/3 dominadas estrictas con peso corporal - Mínimo 2/3 CTB con kipping</p> <p>C. Wod For time acumulate max pull ups (butterfly) *each break 300m Run</p>	<p>A. Strength</p> <p>5 Rounds alternate: 8 front squat (70%) -1' rest- 20 Push ups -1' rest-</p> <p>B. Conditioning</p> <p>Emom 10' 10 toes to bar + 100m Run</p>

PREPARACIÓN FÍSICA


LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
 <p>PHOENIX ACADEMY</p>	<p>TRABAJO DE TRACCIÓN (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Jalón al pecho Remo en polea baja Curl 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: 5 Rounds For time: 16 db hang c&j 10 ring row 8 burpee</p> <p>B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold</p>	<p>TRABAJO DE CADERA (CICLO 3)</p> <p>A. TRABAJO DE FUERZA (20')</p> <p>Curl femoral con fitball Puente glúteo Curl femoral con goma</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 10 good mornng - 60" hollow hold</p> <p>B2. FINISHER For Time: 500-400-300-200-100m row 10-20-30-40 deadlift</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 tríceps 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 Amrap 12 : 20 cal ski 12 push press 16 v- ups</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 8 Rounds for time in pairs relay: 5 Assault cal. only legs 10 Goblet squat 15 Sit ups</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: - 10 Double DB bench press alt - 5 Bulgarian split squat each leg</p> <p>B. ACCESORIO/FINISHER (20')</p> <p>B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit</p> <p>B2. FINISHER EMOM 14': 10m OH kb carry each arm 40" Hollow hold</p> <p>B3. FINISHER (HIIT) Emom 10' Max bike cal Max S.U.</p>		

HYROX & HYBRID PROGRAM

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
 <p>HYROX TRAINING CLUB</p>	<p>Main Workout 38 MINS Zone 1 RPE 8-5 Run Zone 2 Arms Only Sled Pull Zone 3 Couplet 10x DB Bench Press 10x Pushups Zone 4 RPE 8 RowErg Zone 5 RPE 8 SkiErg Zone 6 Sandbag Step Ups Zone 7 Couplet 5x DB Bicep Curls 10x DB Bent Over Rows</p>		<p>Zone Intervals 44 MINS Zone 1 Compromised Running - Add 10 reps to the lunges and 100m run each round 20x Sandbag Reverse Lunge 200m Run Zone 2 Partner 1: Ski, Partner 2: Row until partner finishes. Both: Snatches at each transition 400m SkiErg Partner 1 (TIMER) MAX m RowErg Partner 2 10x Alt DB Snatches Both Partners each transition</p>		<p>Core Strength 18 MINS Zone 1 Solo KB AMRAP 20x Russian KB Swings 20x Hollow Body Up and Over 10x Rotational Push-ups Zone 2 Solo DB AMRAP Couplet - Add 1 rep each round to DB Clusters 1x DB Clusters 4x Burpees Chest to Floor</p> <p>Power Output Intervals 28 MINS Zone 1 Every time you rest, complete 100m Ski erg then repeat MAX DB Push Press 100m Ski Erg Sprint Zone 2 Every time you rest, complete 6 burpee broad jumps then repeat MAX Wallballs 6x Burpee Broad Jumps Zone 3 Every time you rest, complete 10 Bodyweight lunges then repeat MAX m Underhand Sled Push 10x Bodyweight Lunges Zone 4 Every time you rest, complete 10 Jump squats then repeat MAX KB Bent Over Row 10x Jump Squats</p>	<p>Compromised Efforts 36 MINS Zone 1 RPE 8 MAX m SkiErg Zone 2 MAX m Underhand Sled Push Zone 3 MAX m RowErg Zone 4 Cluster Set - Deadlifts, Rest, Repeat 5x DB Deadlifts 00:10 Rest</p> <p>Compromised Intervals 24 MINS Zone 1 RPE 8 Run Zone 2 Wallballs Zone 3 RPE 8 Run Zone 4 Max distance farmer carry then max distance BB for remaining time MAX m KB Farmer's Carry MAX m Burpee Broad Jumps</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>
	HYROX365 Foundational	ENDURANCE	HYROX365 Engine	HYBRID	HYROX365 Power	HYROX365 Complete	

SALAS BOUTIQUE

FUNCTIONAL HEALTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 one leg GLUTE BRIDGE DB each leg -rest 1'- 20m Monster walk (en los tobillos) -rest 2'- B. METCON 10 Rounds for time: 10 Inch worm 10 DB reverse lunge	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 STRICT PRESS -rest 1'- 50" Superman box leg raises alt. -rest 2'- B. METCON 3x EMOM 4: MAX Push Press 8 to 12 Bar Facing Burpees Rest 3'- b/EMOM	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds: 6 KB sumo DL 50" Plank Hold B. 5 Rounds: 12 DB bench press Max Diamond push up C. HIIT MACHINES Amrap 16' in pairs "I go you go" -12 Bike cal -16 Goblet squat *partner wait at plank hold	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 PULL UP -rest 1'- 12 KB Gorilla Row -rest 2'- B. METCON 5 Rounds for time: 15 cal Row/Ski 10 Devil Press 5 Burpee Box Step Up	FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 BACK SQUAT -rest 1'- 40" Hollow hold -rest 2'- B. METCON Amrap 14' 10 Thrusters 20 Sit Ups 10 Cal AB	TRABAJO ACCESORIO RODILLA/TRACCIÓN A. 5 Rounds: 10 deadlift 40" banded face hold B. 5 Rounds: 20 Deficit Ring Rows 30" Press Pallof each side C. HIIT DB's 3x EMOM 4/2' REST 10 Ring Row 15 DB Hang C&J (R) 10 Ring Row 15 DB Hang C&J (L)

FUNCTIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR A. 4 sets x 6-8reps - Bench press en máquina - Jalón al pecho REST b/s: 2' A1. 4 sets 8-10 reps - Push ups - Remo en polea baja sentados REST b/s: 2' B. 3 sets x 8-10 reps - Deadbug toe tap en polea - Klibi unilateral row - Tricep extensions REST b/s: 1'30" * Si sobra tiempo: D. 2 sets - 10 facepull polea - 40" Up-down plank REST b/s: 1'	TREN INFERIOR A. 4 sets x 6-8 reps - Back squat machine REST b/s: 2' A1. 3 sets x 8-10 reps - Bulgarian squats con DB REST b/s: 2' B. 3 sets X 10-12 reps - Spanish squats - 20m farmer carry - Zancadas hacia atrás DB REST b/s: 1'30"-2' B1. 2 sets - 40"-60" plank hold REST b/s: 1'30"-2' * Si sobra tiempo: C. 2 - 3 sets - 40" Wallsit hold - 40" banded ISO glute bridge REST b/s: 1'	FULL BODY A. 4 sets x 10-12 reps - Inclined bench press máquina REST b/s: 2' A1. 4 sets x 10-12 reps - Sentadilla hack máquina (pies juntos y adelantados) REST b/s: 2' B. 3 sets x 12-15 reps - Gorilla rows desde el suelo - DB aperturas laterales REST b/s: 1'30" C. 3 sets x 15 reps - Curl de biceps en polea - Face pull REST b/s: 1'30" * Si sobra tiempo: D. 2 sets - 10 Box step up (DB ligera) - 30" press pallof REST b/s: 1'	TREN SUPERIOR A. 4 sets x 6-8 reps - Strict press en máquina sentados REST b/s: 2' A1. 4 sets x 8-10 reps - Barbell row REST b/s: 2' B. 3 sets x 10-12 reps - Jalón agarre cerrado - DB bench press REST b/s: 1'30" B1. 3 sets x 10 reps - 10 pullover unil. polea - 30" lateral plank REST b/s: 1'30" * Si sobra tiempo: C. 2 sets - 10 escapular retrac TRX - 10 Thread the needle REST b/s: 1'	TREN INFERIOR A. 4 sets x 6-8 reps - Rack DL REST b/s: 2' A1. 4 sets 8-10 reps - Heavy DB box step ups REST b/s: 2' B. 3 sets x 10 reps - Front rack 2xklibi split squat - Banded monster walk REST b/s: 1'30"-2' B1. 3 sets x 10 reps - Cuadrupedia plank toques adelante - Unil. glute bridge (sin carga) REST b/s: 1'30"	FULL BODY A. 4 sets x 15 reps - DB floor 1-1-2 press (pecho) REST b/s: 2' A1. 4 sets - 10-12 reps - 2xklibi DL REST b/s: 2' B. 3 sets x 10-12 reps - Barbell row agarre supino - DB seated strict press REST b/s: 1'30" C. 3 sets 12-15 reps - Tricep ext. polea - Step up sin peso o DB ligera REST b/s: 1' - 1'30" * Si sobra tiempo: D. 2 sets - 10 TRX rows - 10 biceps polea REST b/s: 1'

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	<p>A. BENCH PRESS 6x8@AHAFÁ -Rest 2' B/sets-</p>	<p>A. STRICT PULL UP 6x8@AHAFÁ -Rest 2' B/sets-</p>	<p>A. BACK SQUAT 6x8@AHAFÁ -Rest 2' B/sets-</p>	<p>A. STRICT PRESS 6x8@AHAFÁ -Rest 2' B/sets-</p>	<p>A. TEMPO PUHSUPS 5x10 -Rest 1' B/sets-</p>	<p>ONLY FOR THE LEGENDS..... A.For Time:(21' tc) 250 Double Unders 1:30 min AMRAP 250m Ski Max Double Unders in Remaining Time -Rest 1:30 b/t rounds-</p>
	<p>B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAFÁ -Rest 2' B/sets-</p>	<p>B. MEADOWS ROW 4x10 -Rest 2' B/sets-</p>	<p>B. DEADLIFT 6x8@AHAFÁ -Rest 2' B/sets-</p>	<p>B. DOUBLE DB Z PRESS 4x10 -Rest 1' B/sets-</p>	<p>B. CHIN UPS 5x10 @ AHAFÁ -Rest 2' B/sets-</p>	<p>*Workout is complete when athlete has accumulated 250 DU</p>
	<p>C. HEX PRESS 4x10@AHAFÁ -Rest 2' B/sets-</p>	<p>C. REVERSE GRIP LAT PULLDOWN 4x10 @ AHAFÁ -Rest 2' B/sets-</p>	<p>C. KB BELT SQUAT 4x10@AHAFÁ rest as needed</p>	<p>C. BENT OVER LATERAL RAISES 4x10 -Rest 2' B/sets-</p>	<p>C. TRICEP DIPS 4x10 -Rest as needed-</p>	
	<p>D. RESISTANCE BAND CHEST FLY 4x12 -Rest as needed-</p>	<p>D. DOUBLE DB STANDING BENT OVER ROW 4x10 /EACH ARM -Rest as needed-</p>	<p>D. LYING DB HAMSTING CURL 4x10 rest as needed</p>	<p>D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-</p>	<p>D. BARBELL DRAG CURLS 4x10@ AHAFÁ -Rest as needed-</p>	
	<p>E. INCLINE DB HAMMER CURL 4x10 -Rest as needed-</p>	<p>E. DOUBLE DB SKULL CRUSHERS 4x10 -Rest as needed-</p>	<p>E. SINGLE LEG DB HIP THRUST 4x10@AHAFÁ rest as needed</p>	<p>E. DB LUNGE WALKTHROUGHS 4x10 (EACH SIDE) -Rest 2' B/sets-</p>	<p>E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed-</p>	<p>B. CORE FINISHER</p>
	<p>F. RING CURL 4x10 reps -Rest as needed-</p>	<p>F. SINGLE ARM DB KICKBACK 4x12 -Rest as needed-</p>	<p>F. SEATED DB CALF RAISE 4x15-20 rest as needed</p>	<p>F. BAND PULL THROUGH 4x10 reps -Rest as needed-</p>	<p>F. SINGLE DB WAITER HOLD CURL 4x10 -Rest as needed-</p>	<p>4 rounds 15 Strict Abmat Situps (hands next to head or across chest) 15 Pulse Ups 10 V-ups 30 sec Copenhagen Plank (each side) 20 KB Front Rack Marches (each side) *Rest 2:00 b/t sets</p>