



PROGRAMACIÓN JULIO/AGOSTO 2026

SEMANA DEL 27 A 2



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	
	KAREN+COOPER EMAM For fun 2 rounds of Cooper 10 Burpees 10 Air Squats 10 Push-Ups 10 Sit-Ups Then until the end of 4' Max Wallball OBJETIVO: 150 Wall Ball For Time*	GYMNASTICS PEGBBOARD A1. Strict Pull ups 10' to reach a heavy 2 A2. Emom 10' 1) 40" Chin up hold 2) 40" HS Hold A3. Amrap 10' 1 Pegboard o 15 CTB 10 BB/O	ENDURANCE Partner Wod "You Go - I Go" 8 round of: 15 cal Row 12 KB Swings (24/16) 9 Burpees over the KB -no rest- Then 8 rounds: 15 Cal Bike 12 Hang Snatch With DB@17,5/12,5 KG 4 Burpee pull up	WEIGHTLIFTING SQUAT CLEAN A. Emom 12' Start at your 70% 1 RM B. For time 9-7-5 Ring MU Squat Clean@60/43 kg then : 5-10-15 Power Clean&jerk@60 /43kg 15-30-45 TTB	STRENGTH A. 5 Rounds (every 4') 10 Bench press 20m Lunges 40"Plank hold B. EMOM 15' 20 Pul uP 20 Bench Press2x DB#@22,5/15kg 20 Jumping Lunges	CHIPPER CHIPPER TEAM OF 4 Amrap 30' 40 Bar MU/Pull ups synchro (2) 40 OHS @ (50/35kg) (3) 400m Run together (4) 80 TTB synchro (2) 40 Power snatch synchro (3) 400m Run together (4)	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION			
	POWER SNATCH A. 3 Rounds 10 Single Leg KB DL (5 each side) 10 Weighted V-ups 20" lateral plank each side 5 Broad Jump + Vertical Jump B. Work for Q each EM2M 4XS Tirones Snatch@ 100% +1 RM Snatch C. For time EACH set (work on your Grip T&G) 10 Power snatch @30%+Max Burpees (tc 2') -rest 3'- 10 Power snatch @40%+Max Burpees (tc 2') -rest 3'- 10 Power snatch @50%+Max Burpees (tc 2') -rest 3'- Go for a H1 of Power Snatch+Hang Power Snatch in 5' D. BONUS TRACK 15 Strict Press@BAR 5 Wall Facing Strict Handstand Push Ups 10m HSW/40" Free HShold/40" HS wall hold	SEMANA 8 – Test / Evento final Objetivo: medir progreso y hacerlo divertido Fuerza (test): * Deadlift 3RM Evento final (por equipos): * Relay: * 40 m farmer * 20 m yoke * 5 sandbag over shoulder * 10 burpees	BAR MU A. Emom 10' 6 excentric pull ups + 20"hollow hold 10 strict ring dips B. Movimiento gimnástico avanzado Recomendado para aquellas personas que dominan el Kipping: - Mínimo 2/3 dominadas estricatas con peso corporal - Mínimo 2/3 CTB con kipping C. Wod 9/6/3 Bar MU (banded) 10m lunges 100m Run	"INTERVALOS DE ALTA PRESIÓN" WOD: EMOM competitivo EMOM 18 (6 rondas): 1. 15/12 cal row 2. 12 burpees 3. max clean & jerks (peso moderado) ----- "OPEN STYLE" WOD: Ladder tipo CrossFit Open AMRAP 12: * 3 thrusters * 3 chest to bar * 6 thrusters * 6 chest to bar... (+3 cada ronda) -----			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE EMPUJE (CICLO 4) A. TRABAJO DE FUERZA (20') BENCH PRESS C/ STOP CABLE SINGLE PRESS DB FRENCH PRESS B. ACCESORIO/FINISHER (20') B1. ACCESORIO (FUERZA UNILAT/INESTABILIDAD) 5 Rounds: - 10 unilat db press each - 20" bar hold flex hip B2. FINISHER 3x EMOM 6: 20 wallball 20 Push ups -Rest 2'- b/EMOM B.3 FINISHER (HIIT) Emom 10' (30"ON/30"OFF) H5 hold/double KB OH hold Max push press @ empty bar	TRABAJO DE RODILLA (CICLO 4) A. TRABAJO DE FUERZA (20') PINED SQUAT BULGARIAN SQ (ISO CATCH) + CONCENTRIC // SPLIT SQUAT (ISO CATCH) NORDIC CURL GHD B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit B2. FINISHER AMRAP 14: 10 Cal row, 15 Thruster 200m Run B3. FINISHER (HIIT) Emom 10' Max jump squat 40" wallsit hold	TRABAJO FULLBODY (CICLO 4) A. TRABAJO DE FUERZA (20') 4 ROUNDS LANDMINE THRUSTER GORILLA ROW LANDMINE ROTATION B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 6 db step up + press CAMBIAR - 60" wall sit B2. FINISHER EMOM 16': Max Vups alt. Max Ski cal Max Front sq DB Max Push press B3. FINISHER (HIIT) Emom 10' Max bike cal Max S.U.	TRABAJO DE TRACCIÓN (CICLO 4) A. TRABAJO DE FUERZA (20') BENT OVER ROW CABLE SINGLE ROW ZANCADA BICEPS TRX B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" Iso banded row B2. FINISHER: 5 Rounds: 15 cal Bike 10 Renegade row 5 Wallwalk B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold	TRABAJO DE CADERA (CICLO 4) A. TRABAJO DE FUERZA (20') HIPHTRUST ASIMÉTRICO DB HIGH STEP UP COPENAGUE PLANK B. ACCESORIO/FINISHER (20') B1. ACCESORIO 5 Rounds: - 10 good morning - 60" hollow hold B2. FINISHER 5 Rounds of: 20 Double DB DL 20m Lunges 10m Sled push B3. FINISHER (HIIT) Emom 10' Max ski cal Rest	CERRADO HASTA EL 15/07	

HYROX & HYBRID PROGRAM

	Hyrox365 Foundational program	Hyrox Endurance	Hyrox365 Engine program	Hyrox Hybrid strength program	Hyrox365 Power program	Hyrox365 Complete program	
HYROX TRAINING CLUB	Main Workout 39 MINS Zone 1 Run @ RPE 7 Zone 2 Couplet 10m Sled Pull 10m Burpee Broad Jumps Zone 3 3x30s sprints followed by 15s rest. 4th sprint = 15s 00:15 3x Rest 00:30 3x Ski Erg Sprint @ RPE 9 00:15 Ski Erg Sprint @ RPE 9 Zone 4 Couplet 8x DB Arnold Press 8x DB Supinated Bicep Curl Zone 5 3x30s sprints followed by 15s rest. 4th sprint = 15s 00:15 3x Rest 00:30 3x Row Sprint @ RPE 9 00:15 Row Sprint @ RPE 9 Zone 6 Couplet 8x DB Devil's Press 8x Power up	"A. For time (t.c. 10') 5/5-10/5-10-20/..... 5 Burpees 10 db step up 20 Kb swing 30 Assault cal rest 3' B. For time 21/15/9 Ski cal Push ups rest 3' C. 3 rounds for time 10 Row cal 15 sit up 20 Air squat =	Compromised Machines 42 MINS Zone 1 Add 200m each round, 60s jogging recovery in between 200m Run 01:00 Jogging Recovery Zone 2 Partner 1 800m RowErg Partner 2 Continuous Couplet 15x Pushups 200m SkiErg	A. Strength 4 Rounds alt: 10 back squat (70%+) rest 1' 10 Strict Pull up rest 2' B. Conditioning EMOM 15' 8 flexiones+Max Mountain climbers	Full Body Supersets - Chipper Style 14 MINS #1 30x DB Goblet Squats #2 20x Jump Squats #3 30x DB Hex Floor Press #4 20x Pushups #5 30x DB Reverse Lunges #6 20x Jumping Switch Lunge Partner Strength 26 MINS Zone 1 Partner 1 20x DB 1 Arm Row 10x per side Partner 2 DB Push Press Until Partner 1 finishes Zone 2 Partner 1 10m Underhand Sled Push 10m Sled Pull Partner 2 Low Squat Hold Until Partner 1 finishes	Long Intervals 40 MINS Zone 1 I Go, You Go 200m Ski Erg Sprint Zone 2 Solo Couplet 20m Sandbag Walking Lunges 10m Burpee Broad Jumps Zone 3 RowErg @ RPE 7 Zone 4 Solo Couplet 20x DB Deadlifts 10x DB Bench Press	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)

SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR QUALITY 5 Rounds: 10 BACK SQUAT 40" fitball plank B. FINISHER 3 rounds alt A1/A2 AMRAP 2': - 10 db reverse lunge alt. - 20 mountain climbers rest 90" AMRAP 2': - 10 db goodmorning - 5 Burpees	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR QUALITY 5 Rounds: 6 hip thrust 30" banded hollow B. FINISHER EMOM 15: - 20 ktb swing - 16 step up over - Max cal. C. HIIT MACHINES 5x 2' ON 1' OF - 8-10 Burpees box step over - Max cal	TRABAJO ACCESORIO RODILLA/CADERA A. 5 Rounds: 10 Box squat 20 step up 12 Bulgarian split squat B. 5 Rounds: 12 dl RDL 10 step down 4" excentric 6 banded glute bridge C. HIIT MACHINES 5x 2' ON 1' OF - 8-10 Burpees box step over - Max cal	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. 5 Rounds: 10 STRICT PRESS 40" pallof press B. FINISHER For time: 100 bench press 40/20kg Every you break 15 cal ski*	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. 5 Rounds: 10 STRICT PULL UP 20m ovh famrer carry B. FINISHER 5 Rounds for time: - 15 australian pull up - 10 db thruster - 400 m bike	TRABAJO ACCESORIO EMPUJE/TRACCIÓN A. 5 Rounds: 15 push up 20 banded face pull 10 bottom ktb press each B. 5 Rounds: 10 pull up 20 banded row 12 db row bird dog pos C. HIIT DB's Emom 15' 5 One leg KB DL each 10 Strict press@2xDB 5 Glute Bridge KB

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TOTAL GYM Every 3' for 6 rounds: - 5 Bench press+max push ups - 40" wall sit hold 5 Rounds: - 10 KB DL one leg - 10 Double DB strict press EMOM 14': - 20m farmer carry - 40" fitball plank CRAZY SATURDAY A. 5x 2' ON 1' OF - 8-10 Burpees box step over - Max cal B. 5RFQ - 10 chin up - 5 One leg KB DL each - 10 Strict press - 15 Glute Bridge KB	TREN INFERIOR A1. 4 sets x 4 reps - Back squat smith machine - 40" Wallsit hold <i>REST b/s: 2'</i> A2. 4 sets x 4 reps - Double ktbl front rack split squat - 40" Banded ISO glute bridge <i>REST b/s: 2'-1'30"</i> A3. 3-4 RONDAS - 12 Sentadilla agarrando polea ("front") - 12 Clam shell plank (each side) - 12 DB (light) box step up <i>REST b/s: 2'</i>	TREN SUPERIOR A1. 4 sets x 4 reps - Barbell strict press - 6 inch worms <i>REST b/s: 2'</i> A2. 4 sets x 4 reps - Push press - 30" Press pallof <i>REST b/s: 2'</i> A3. 3-4 RONDAS - 20 m farmer carry - 12 elevaciones laterales - 12 Triceps extensions polea	FULL BODY A1. 3 sets x 10-12 reps - Jalón en polea - DB bench press <i>REST b/s: 2'</i> A2. 3 sets x 10-12 reps - Ktibl deadlift - Cable core rotation (5-6 x lado) <i>REST b/s: 2'</i> A3. 3 sets x 10-12 reps - Gorilla rows (desde suelo) - 2DB zancadas - Push ups	TREN INFERIOR A1. 4 sets x 4 reps - Landmine deadlift - Subidas a cajón <i>REST b/s: 2'</i> A2. 4 sets x 4 reps - Front rack Ktibl lunges - Monster walk <i>REST b/s: 2'</i> A3. 3-4 rondas - 10 squat to reverse lunge - 6 chops en polea x lado (posición de zancada contralateral) - 10 ktibl swing	TREN SUPERIOR A1. 4 sets x 4 reps - Bench press máquina - Hands off push ups (4-6 reps) <i>REST b/s: 2'</i> A2. 4 sets x 4 reps - Pull ups - 30" Side plank <i>REST b/s: 2'</i> A3. 3-4 RONDAS - 16 Up and down plank - 12 DB Chest supported rows - 12 Triceps extensions

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 9x3@AHAFa -Rest 2' B/sets-	A. STRICT PULL UP 9x3@AHAFa -Rest 2' B/sets-	A. BACK SQUAT 9x3@AHAFa -Rest 2' B/sets-	A. STRICT PRESS 9x3@AHAFa -Rest 2' B/sets-	A. DEFICIT PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A.3 Sets (new set every 6:00)
	B. 1:1:2 INCLINE DB BENCH 4x10(L+R+2) @ AHAFa -Rest 2' B/sets-	B. BENT OVER BARBELL ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 9x3@AHAFa -Rest 2' B/sets-	B. BOTTOM UP SINGLE ARM STANDING KB PRESS 4x10 (EACH SIDE) -Rest 1' B/sets-	B. RING ROW-ELEVATED FEET 5x10 @ AHAFa -Rest 2' B/sets-	200m Run 3 Rope Climbs 10 Squat Snatch@50/30
	C. DOUBLE DB BENCH PRESS 1+1/2 4x10@AHAFa -Rest 2' B/sets-	C. LAT PULLDOWN 4x10 @ AHAFa -Rest 2' B/sets-	C. BACK RACKED BARBELL BOX STEP UPS 4x10@AHAFa(EACH LEG) rest as needed	C. PLATE FRONT RAISE 4x10 -Rest 2' B/sets-	C. TRICEP DIPS 4x10 -Rest as needed-	B. CORE FINISHER 4 Rounds
	D. INCLINE DB CHEST FLY 4x12 -Rest as needed-	D. DOUBLE DB PRONE ROW 4x10 -Rest as needed-	D. GHD NORDIC HARMSTRING CURL 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-	D. DB SPIDER CURLS 4x10@ AHAFa -Rest as needed-	15 Overhead Plate Situps 7 Alligator Rolls (each side) 30 sec Face-Up Chinese Plank 30 Flutter Kicks (each side) 30yd Offset Overhead Farmer Carry (left overhead/right farmer hold) 30yd Offset Overhead Farmer Carry (right overhead/left farmer hold)
	E. DB SPIDER CURL 4x10 (EACH SIDE) -Rest as needed-	E. STANDING TRICEP EXTENSION W/BAND 4x10 -Rest as needed-	E. BAND PULL THROUGH 4x10@AHAFa rest as needed	E. SPLIT STANCE DB ROMANIAN DL 4x8 (EACH SIDE) -Rest 2' B/sets-	E. INVERTED SKULL CRUSHERS 4x10 -Rest as needed-	
	F. STANDING ALT. DB CURL 4x10 reps (EACH SIDE) - Rest as needed-	F. SEATED TRICEP DB FRENCH PRESS 4x12 -Rest as needed-	F. SEATED DB CALF RAISE 4x15-20 rest as needed	F. SINGLE LEG DB HIP THRUST 4x10 reps - Rest as needed-	F. INCLINE DB HAMMER CURLS 4x10 -Rest as needed-	