



PROGRAMACIÓN SEPTIEMBRE/OCTUBRE 2026

SEMANA DEL 28 AL 04



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ANUNCIOS Y AVISOS

Un año más llega una de las competiciones más especiales del Box: la BATTLE FOR... 🔥

Este año, se realizará a favor de D-Espacio, una asociación sin ánimo de lucro de Pamplona formada por personas con discapacidad intelectual, sus familias y amigos.

Su objetivo es fomentar el ocio inclusivo y la convivencia, ofreciendo actividades sociales, deportivas, lúdicas y formativas que favorezcan la autonomía y la participación.

Desde el Box queremos aprovechar esta competición para dar visibilidad a la asociación y apoyar su labor, así que os animamos a participar y a disfrutar un año más de la BATTLE FOR... 🍷

👉 Solo tenéis que buscaros una pareja y escribirnos al 681 196 435 📞

¡Os esperamos!

PHOENIX PERFORMANCE

ACTIVIDADES DE PLANTA BAJA EN PHOENIX BOX

CROSSFIT

CrossFit PTB	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	BENCHMARK A. Emom 12' 10 Muscle clean@30% 40" wallsit 20 Push ups B. WONDERWALL For Time 63 Heavy wallball@30/20lb 21 Power Cleans@80/60 KG 21 Bar Facing Burpees 30 Heavy wallball@30/20lb 15 Power Cleans@80/60 KG 15 Bar Facing Burpees 18 Heavy wallball@30/20lb 9 Power Cleans@80/60 KG 9 Bar Facing Burpees	ENDURANCE For time 2000m row/ski 30 Burpee BJO 1000m row/ski 20 Burpee BJO 500m row/ski 10 Burpee BJO -rest 3'- 1600m Run 30 KB swing@24/16 800m Run 40 KB swing@24/16 400m Run 50 KB swing@24/16	WEIGHTLIFTING SPLIT JERK A. EMOM 8' Push Jerk + Split Jerk@30 to 70 % *2 seconds receiving position both movements B. EMOM 8' Split Jerk@70%+ B. Amrap 14' 30 TTB 200 m Run 10 Push jerks@70/50	GYMNASTICS A. 8 Rounds in pairs (T.C. 24') 10 Strict HSPU (A1) 20 Pull ups (A1) Max UB repsWallball (A2) *each round change A1-A2 Score : total reps at WB B. Gymnastic strength (15' for Q) 3 Strict chin up 6 Strict TTB 40" HS hold	STRENGTH BACK SQUAT A. 5 Rounds (15') 4 Back squat 20 Medball sit-ups then 7' To reach a H1 BACK SQUAT B. Amrap 12' 10m Walking Lunges ALT.@2 x 22,5/15kg 20 Cal Bike/15 Assault cal 30 Hang Clean@2x22,5/15kg		

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GINNASTICOS	COMPETITION	CROSSFIT FAMILY		
	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 4X3 Floating Snatch Deadlift @ 100% +1 RM Snatch C. For time work on your Grip 5x 1 Power Snatch + 1 Squat Snatch @ 60% rest as needed 4x 1 Power Snatch + 1 Squat Snatch @ 70% rest as needed 3x 1 Power Snatch + 1 Squat Snatch @ 80% rest as needed 2x 1 Power Snatch + 1 Squat Snatch @ 90% D. BONUS TRACK 10 Strict Press@40/30 5 Wall Facing Strict Handstand Push Ups/10 Double db strict press floor seated 10m HSW/40" Free HShold/40" HS wall hold	SEMANA 16 – 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	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	"LONG GRIND" WOD: AMRAP largo AMRAP 25: * 500 m row * 25 wall balls * 15 pull-ups WOD: Final tipo CrossFit Games For time: * 30 clean & jerks (moderado) * 30 toes to bar * 30 burpees over bar * 30 calories bike	STRENGTH BACK SQUAT A. 5 Rounds (15') 4 Goblet squat 20 Medball sit-ups synchro B. Amrap 12' 10m Walking Lunges together 200m Run 30 DB Hang Clean synchro		

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO FULLBODY (CICLO 6) A. TRABAJO DE FUERZA (20') Every 4' for rounds: 5 Bench press 10 KB goblet sq 3030 max push ups B. ACCESORIO/FINISHER (20') EMOM 20': 20m farmer carry 20 Medball sit-ups 20 wallball 20 Barbell row	TRABAJO DE TRACCIÓN (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Dominada australiana 5 Dominadas lastradas 10 Remo con mancuerna unilateral B. ACCESORIO/FINISHER (20') 5 Rounds for time: 20 Renegade row 10 db thruster 400 run	TRABAJO DE CADERA (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Puente gluteo con goma 20 Zancadas con DB's 5 Peso muerto rumano con DB's B. ACCESORIO/FINISHER (20') EMOM 15: 20 KB swing 16 Box jump Max cal.	TRABAJO DE EMPUJE (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Press banca 8 Press militar de pie con DB's Max Fondos en paralelas lastrados B. ACCESORIO/FINISHER (20') Amrap 20' 20 DB Bench press 200m Run 10m Sled push	TRABAJO DE RODILLA (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Back squat 30" wallsit weighted 12 Sentadilla búlgara B. ACCESORIO/FINISHER (20') 3 rounds alt A1/A2 AMRAP 2': 10 db reverse lunge alt. 10 Cal. rest 90" AMRAP 2': 10 db goodmornning 5 Burpees		

HYROX & HYBRID PROGRAM

LUGAR	HYROX365 Foundational	HYROX Endurance	HYROX365 Engine	HYROX365 Complete	HYROX365 Power	HYROX PARTNER COMP. PREP	
	Main Workout - 40 MINS Zone 1 — 01:15 RowErg Zone 2 — 01:15 Overhand Sled Push Zone 3 — 01:15 DB Devil's Press Zone 4 — 01:15 SkiErg Zone 5 — KB Goblet Squats Russian KB Swings AMRAP in 75s Zone 6 — Speed Skaters DB Reverse Lunges AMRAP in 75s	For time 600m Run 50 kb swing 40 ski cal 30 burpees tt 20 Goblet sq 1000m run 20 Goblet sq 30 Burpees tt 40 ski cal 50 kb swing 600m Run	Main Workout - 32 MINS Zone 1 — Run DB Reverse Lunges Run Zone 2 — SkiErg Wallballs SkiErg Zone 3 — Run Russian KB Swings Run Zone 4 — RowErg Pushups RowErg Finisher - 2 MINS Zone 1 — Complete 3x before switching. These are sprints. 00:30 Treadmill Sprint 00:15 Rest Zone 2 — Complete 3x before switching. These are sprints. 00:30 Row Sprint 00:15 Rest Zone 3 — Complete 3x before switching. These are sprints. 00:30 Treadmill Sprint 00:15 Rest Zone 4 — Complete 3x before switching. These are sprints. 00:30 Ski Erg Sprint 00:15 Rest	Main Workout - 42 MINS Zone 1 — Every 150m, stop and perform 5x KB Goblet Squats. 03:00 SkiErg KB Goblet Squats Every 150m perform Zone 2 — 03:00 Overhand Sled Push Zone 3 — 03:00 Run @ 5k Race Effort Zone 4 — Every 20 Wall Balls, perform 10 DB Reverse Lunges. 03:00 Wallballs DB Reverse Lunges Every 20 Wallballs	Core Strength - 7 MINS #1 — Cross Body Climbers Partner 1 — #2 Jackknife Situps #3 — KB Goblet Kneel To Stand Partner 2 — TOTM Strength - 25 MINS Zone 1 — Raps 10, 12 or 14 dependent on experience Dual KB Reverse Lunge (Racked) KB Goblet Squats KB Deadlift Zone 2 — 15 or 20 reps dependent on level DB OH Strict Press DB Bent Over Rows Pushups Sled Sprint Finisher - 7 MINS #1 — Underhand Sled Push		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	

PHOENIX HEALTH

SALAS BOUTIQUE

FUNCIONAL HEALTH

PHOENIX <i>Concept</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 Strict pull up 30" lateral plank each side B. FINISHER: 2 Rounds of: Amrap 5' 15 Thrusters 15 V-ups -rest 2'- Amrap 5' 10 Ring row 10 Cal	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 PUSH PRESS 20" inverted kb hold 90º each arm B. FINISHER 16 rounds for time: (A1) 20m Lunges 10 Burpees (A2) wallsit hold *para relevar al compañero 10 situps el que entra	TRABAJO ACCESORIO TRACCIÓN/EMPUJE A. 5 Rounds: 5 pull up 10 Seated db strict press 20 Dead bug B. 5 Rounds: 12 db inclined bench press 10 barbell Good morning 30" side plank each C. HIT MACHINES EMOM 110' Max Cal. row/ski Max double DB Bench press	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 one leg DB glute bridge 40" superman hold B. FINISHER 8 rounds for time 20 db goblet lunges 10 Renegade row 20 db goblet sq 5 man makers	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 zombie squat 20 Push ups B. FINISHER Amrap 14' 10 Cal 10 Step up alt 10 inch worm	

FUNCIONAL BASIC STRENGTH

PHOENIX <i>Concept</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR A. 4 sets -10 Barbell Bench press - 8 hands off push up (bajo en 4") REST b/s: 2' B. 3 sets - 10 Seated BB strict press machine - 10 landmine press a una pierna (contralateral) REST b/s: 1'30"-2' C. 3 sets - 4 man maker - 10 DB press en puente glúteo - 10 row plank en polea REST b/s: 1'30" * Si sobra tiempo: D. 2 sets - 40" wallsit hold REST b/s: 1'	TREN INFERIOR A. 4 sets -10 Back squat machine - 6 Sapanish squat (bajo en 4") REST b/s: 2' B. 3 sets - 10 Bulgarian/split squat - 40"-60" plank hold REST b/s: 1'30"-2' C. 3 sets - 10 heels elevated goblet squat - 20m Ktibi farmer carry - 10 box step ups REST b/s: 1'30" * Si sobra tiempo: D. 2-3 sets - 40" wallsit hold REST b/s: 1'	FULL BODY A1. 4 sets -10 2xDB Hang C&J -6 heavy ktibi swing REST b/s: 2' A2. 3 sets - 10 push press - 20 deadbug REST b/s: 1'30"-2' A3. 3 sets - 10 walking lunges - 10 elevaciones laterales - 10 press pallof circulos REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - Lanzamiento de balón horizontal. - Triceps ext. REST b/s: 1'	TREN SUPERIOR A1. 4 sets -10 Pull ups (5/30"/5) - 10 Gorilla rows REST b/s: 2' A2. 3 sets - 10 landmine row - 10 remos en polea unil. REST b/s: 1'30"-2' A3. 3 sets - 10 facepull - 8 inch worm - 10 inclined biceps curls REST b/s: 1'30" * Si sobra tiempo: B. 2 sets - 10 high pull - 40" High plank scapular retrac. REST b/s: 1'	TREN INFERIOR A1. 4 sets -10 rack DL - Disc good morning (4" bajada-2"abajo) REST b/s: 2' A2. 3 sets - 10 heavy DB glute bridge (bajo en 4") - 10 monster walk REST b/s: 1'30"-2' A3. 3 sets - 10 banded squats con ISO hold 3" - 10 plancha lateral rodilla + abd - 10 Unilateral DB glute bridge REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 biceps polea REST b/s: 1'	

PHOENIX FOOTBALL PERFORMANCE

PROGRAMACIÓN/HORARIOS (FÚTBOL PREP.) PHOENIX LEGENDS

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	EMPUJE + RODILLA
	10.30 PRO 17.00h Infantil 17.00h Juvenil 18.00h F7 18.00h Infantil 19.00h Cadete 19.00h Cadete	17.00h Infantil 17.00h F7 18.00h Infantil 18.00h Cadete 19.00h PRO 19.00h Infantil	10.30 PRO 17.00h Infantil 17.00h Infantil 18.00h F7 18.00h Cadete 19.00h PRO 19.00h Libre	17.00h Cadete 17.00h Libre 18.00h Infantil 18.00h F7 19.00h Infantil 19.00h PORTEROS	16.30h Fútbol boki 16.30h Infantil 17.30h Infantil 17.30h Cadete	

PHOENIX SYSTEM

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x8@AHAFa -Rest 2' B/sets-	A. STRICT PULL UP 4x8@AHAFa -Rest 2' B/sets-	A. BACK SQUAT 4x8@AHAFa -Rest 2' B/sets-	A. STRICT PRESS 4x8@AHAFa -Rest 2' B/sets-	A. RING PUHSUPS 5x10 -Rest 1' B/sets-	
	B. ALT. INCLINE DB BENCH PRESS 4x10 @ AHAFa -Rest 2' B/sets-	B. BODY ROW ON RACKED BARBELL 4x10 -Rest 2' B/sets-	B. DEADLIFT 4x8@AHAFa -Rest 2' B/sets-	B. SEATED ARNOLD PRESS 4x10 -Rest 1' B/sets-	B. STRICT PULL UPS 5x10 @ AHAFa -Rest 2' B/sets-	
	C. DOUBLE DB BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-	C. SINGLE ARM LAT PULLDOWN 4x10 @ AHAFa -Rest 2' B/sets-	C. BARBELL FRONT SQUAT:1 AND 1/2 REPS 4x8@AHAFa rest as needed	C. RING Y RAISE 4x10 -Rest 2' B/sets-	C. RING DIPS 4x10 -Rest as needed-	
	D. FLAT BENCH DB CHEST FLY 4x12 -Rest as needed-	D. LYING DB PULLOVER BENCH 4x10 -Rest as needed-	D. DB GOOD MORNINGS 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-	D. INCLINE DB CURLS 4x10@ AHAFa -Rest as needed-	
	E. SEATED ALT. DB CURL 4x10 (EACH SIDE) -Rest as needed-	E. STANDING TRICEP DB FRENCH PRESS 4x10 -Rest as needed-	E. WEIGHTED HIP THRUST 4x10@AHAFa rest as needed	E. LATERAL BAND WALK 4x10m (EACH SIDE) -Rest 2' B/sets-	E. BARBELL SKULL CRUSHERS 4x10 -Rest as needed-	
	F. SINGLE DB WAITER HOLD CURL 4x10 reps - Rest as needed-	F. SINGLE ARM DB SKULL CRUSHER 4x12(EACH ARM) -Rest as needed-	F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed	F. RUSSIAN KB SWING 4x10 reps - Rest as needed-	F. STANDING ALT. DB CURL + SINGLE DB DOUBLE HEAD CURL 4x10 -Rest as needed-	