



PROGRAMACIÓN AG/SEPTIEMBRE 2026

SEMANA DEL 31 AL 6



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INFO@PHOENIXBOX.ES

ANUNCIOS Y AVISOS

*Este próximo sábado 06/09 las clases de boutique se desdoblarán en las dos salas desde las 8 de la mañana estrenando así el nuevo horario en Academy, con clases desde las 8 hasta las 12.

*Con la llegada de septiembre en horario de 16,30h a 20,30h las clases de Preparación física y HYROX, se darán en el nuevo estacio habilitado.

ACTIVIDADES DE PLANTA BAJA EN PHOENIX BOX

CROSSFIT

CrossFit PTB	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	GYMNASTICS RING DIPS A1. 10" to reach a heavy 3 A2. Emom 8' 1) Max strict ring dips 2) 12 to 22 Bike erg cal. A3. Amrap 12" 12 kipping ring dips 6 burpee pull ups 12 front squat@ 70/55kg	STRENGHT A. 5 Rounds (15') 4 Deadlift 40m Farmer carry then 7" To reach a H1 DEADLIFT B. For time (tc 20') 21/15/9/15/21 Strict HSPU SDLHP with ktb@24/16 kg *20m walking lunges after each round (sin peso)	ENDURANCE A. 2 Rounds of: EMOM 6' 200m Run Max air squats -no rest- EMOM 6' 200m Run Max D.U. -no rest- EMOM 6' 200m Run Max Push ups -rest 4' B/Rounds-	WEIGHTLIFTING POWER C&J A.8 Rounds every 75": 1 power clean + 2 push jerks B.Emom 8' 6 to 8 bf burpees + 1 power clean@70%+ C. Every 5' for 3 rounds: 300m Run 10 Power Clean&Jerk@80/60 20 CTB	BENCHMARK DAY VADER (modified) 5 Rounds for Time (TC 20') 24 calorie Row 24 Wall Ball Shots 15 Dumbbell Snatches (25/17,5 kg) 8 Burpees Over the Db	BY PAIRS: 120 Deadlifts@60/40kg Then, 6 rounds of: 4 Rope Climbs relays 10m Lunges each @ 2db 20 TTB shynchro Then, 6 rounds of 200m Run together 20 Wallballs @ heavy 20 KB swing 32/24	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION			
	SNATCH A. Barbell yoga B. 3 Rounds 10 Barbell Back Extensions 10 Medicine Ball Rotational Throws 10 Barbell OHS -OPCIÓN 1 C. 9 rounds x every 1'15" 2 Squat snatch @40%+ D. 5' Emom 1 Squat snatch @75%+ -OPCIÓN 2 C.10' To reach a H1 of: 1 Snatch DL+Power Snatch+2 Squat Snatch D. For time 1 Snatch Pull + 1 Snatch High Pull + 2 Snatch @ 70% C 1 Snatch Pull + 1 Snatch High Pull + 2 Snatch @ 75% C 1 Snatch Pull + 1 Snatch High Pull + 1 Snatch @ 80% C 1 Snatch Pull + 1 Snatch High Pull + 1 Snatch @ 85% C 1 Snatch Pull + 1 Snatch High Pull + 1 Snatch @ 90% C *15 ttb to lift STRENGTH: E. SNATCH PULLS 4X5@110% (3" up)	SEMANA 12 – Yoke & estabilidad Técnica: Yoke carry (o back rack carry) Fuerza: Deadlift 5x3 (más pesado) WOD (AMRAP 15): * 20 m yoke * 6 deadlift pesados * 8 burpees over bar	KIPPING Y D.U. A. Emom 10' 5 Strict Pull up 40 Jumping jacks B. Técnica KIPPING Movimiento gimnástico básico Recomendado para todos D.U. Movimiento gimnástico básico Recomendado para todos Recomendado traer vuestra propia comba para personalizar la largura del cable C. Wod 21/15/9 Pull ups D.U.	"STRONG ENGINE" WOD: Carry + cardio 4 rondas: * 400 m run * 50 m farmers carry pesado * 20 front squats ———— "SKILL BAJO FATIGA" WOD: Handstand + conditioning AMRAP 15: * 10 handstand push-ups * 20 alternating DB snatch * 30 double unders			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	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 Amrap 16' 10 Double DB Devil press 500m Run 20 Air squats Then tabata Plank Push ups	TRABAJO FULLBODY (CICLO 4) A. TRABAJO DE FUERZA (20') Every 4' for 5 rounds: 10 THRUSTER 20 GORILA ROW 60" Press pallio! B. FINISHER (20') EMOM 16': Max lunges alt. Max Push ups Max S.U. Max Bike cal	TRABAJO DE TRACCIÓN (CICLO 5) A. TRABAJO DE FUERZA (20') 6 Deadlift 8 Dominadas lastradas 10 Remo con mancuerna unilateral B. FINISHER (20') 10 Rounds: 10 Thrusters DB 10 Burpees over the DB 10 Cal.	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 HEX DL Max Push ups 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: 20 Cal. 20 Double DB bench press 10 Air squat 10 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 6x Knee Tuck Push-ups 6x High Plank Alternating Knee Tucks Per side Zone 2 01:15 Run Incline 4% if applicable Zone 3 Max reps KB Split Squat Switch legs every 6 reps Zone 4 00:15 Rest 00:30 SkiErg @ RPE 9 00:30 SkiErg @ RPE 9 Zone 5 6x DB Push Press 12x Dual DB Forward Lunge 6x per side Zone 6 6x DB Hex Floor Press 6x Pushups Zone 7 Max reps KB 1 arm Swing Switch arms every 6 reps Zone 8 6x KB Goblet Squats 6x Jump Squats	Amrap 30' 400 m run 30 cal row 20 kb swing (24/16) 10 burpee	Aerobic Training 30 MINS Zone 1 7 mins @ RPE 6-7 Max m Run @ RPE 7 Zone 2 7 mins @ RPE 6-7 Max m RowErg Zone 3 7 mins @ RPE 6-7 Max m Run Zone 4 7 mins @ RPE 6-7 Max m SkiErg Sprint Work 11 MINS Zone 1 Partner 1 10 kcalorie Row @ RPE 9 Partner 2 10x KB Goblet Squats Rest Until Partner 1 finishes Zone 2 Partner 1 10 kcalorie Ski @ RPE 9 Partner 2 15x Pushups Rest Until Partner 1 finishes	Compromised Zones 36 MINS Zone 1 03:00 SkiErg @ RPE 8 Zone 2 10 DB lunges each leg 10 DB Deadlift Zone 3 03:00 Run @ RPE 8 Zone 4 30x Burpees Chest to Floor For remaining time Rest TOTM Finisher 5 MINS #1 8x DB Thrusters #2 For remaining time Low Plank	Core and Leg Power (Partner Workout) 22 MINS Zone 1 Partner 1 10x DB Discus 10x DB Pull Throughs Partner 2 SkiErg @ RPE 7 Until Partner 1 finishes Zone 2 20m Underhand Sled Push/20 DB Box step up I Go You Go TO2M 18 MINS Zone 1 4 Rounds (2 mins each) 15x KB Deadlift 10x Dual KB Rack squat KB Goblet Squat Optional For remaining time Rest Zone 2 4 Rounds (2 mins each) 16x DB 1 Arm Push Press 8x per side 16x DB 1 Arm Row 8x per side For remaining time Rest	In pairs each set for time Zone 1. 5 Rounds of: 200m Run together 100m Ski each -rest 1'- Zone 2. 5 Rounds of: 200m Run together 10m Sled push each -rest 1'- Zone 3. 5 Rounds of: 200m Run together 5 Burpee broad jump each -rest 1'- Zone 1. 5 Rounds of: 200m Run together 100m Row each -rest 1'-	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

PHOENIX <i>Doutagne</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE EMPUJE	TRABAJO DE FLEXIÓN DE RODILLA	TRABAJO ACCESORIO EMPUJE/RODILLA	TRABAJO DE TRACCIÓN	TRABAJO DE FLEXIÓN DE CADERA	TRABAJO ACCESORIO TRACCIÓN/CADERA
	A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 8 BENCH PRESS 10 banded scapular press B. FINISHER 6 Rounds: 16 ktb swing 10 push up 20 sit up	A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 8 FRONT SQUAT 50" banded hollow B. FINISHER Amrap 14' - 12 thruster - 15-20 cal abb - 10 burpee	A. 5 Rounds: 10 unilat db press each 20" bar hold flex hip 15 db floor press B. 5 Rounds: 6 db step up + press 60" wall sit 12 double kt front squat C. HIIT DB's Amrap 9' "you go i go" for max rounds of: 12 Double DB DL 9 Double DB Hang clean 6 Double DB push jerk	A. TRABAJO DE FUERZA (20') A. TRABAJO DE FUERZA A. 4 x Amrap 3': Max strict Pull up rest 20" 8/sets B. FINISHER: 8 Rounds: 5 devil press 15 cal row	A. TRABAJO DE FUERZA (20') A. TRABAJO DE FUERZA A. ALTERNATE FOR QUALITY 5 Rounds: 8 BACK RACK LUNGES 50" plank ball B. FINISHER 12-10-8-6-4-2 KB DL 5-10-15-20-25 Ski cal	A. 5 Rounds: 15 Australian pull up 20" iso banded row B. 5 Rounds: 10 good morning 60" hollow hold 15 db RDL C. HIIT MACHINES Emom 12' 1: max cal bike erg 2: rest 3: max cal ski 4: rest

FUNCIONAL BASIC STRENGTH

PHOENIX <i>Doutagne</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR (FUERZA)	TREN INFERIOR (ESTABILIDAD)	FULL BODY	TREN SUPERIOR (CORE+PROPIOCEPCIÓN)	TREN INFERIOR	FULL BODY
	A1. 3 sets - 8-10 Bench press máquina (2"-0"-2") - 10 push ups (4"-2"-1") <i>REST b/s: 1'-1'30"</i> A2. 3 sets - 10 Standing DB Strict Press (si no controla lumbar-sentado) - 10 Ipsilateral landmine one leg strict press (barra ligera) <i>REST b/s: 1'30"</i> A3. 3 sets - 8-10 DB skull crusher (2"-0"-2") - 8-10 Triceps exte. polea <i>REST b/s: 1'30"</i> B. 3 sets - 10 Lateral plank row polea (no poner mucho peso) <i>REST b/s: 1'30"</i>	3 RONDAS x 12 reps (<i>Rest between rounds: 1'30"</i>) - Ktibl Front rack split squat (6 each) (4"-2" abajo-1") <i>REST 30"-45" then:</i> - 1 leg ktibl RDL (6 each) (4"-2" abajo-1") <i>REST 30"-45" then:</i> - 45" SLOW bear crawl (Si no pueden cuadrupedia plank) <i>REST 30"-45" then:</i> - 1 leg squat (el pie no se apoya en ningún momento) <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 elevated RDL (2"-0"-2") - 40" ISO banded glute bridge <i>REST b/s: 1'30"</i> A2. 3 sets - 4/30"4 Chin ups - 10 ring row <i>REST b/s: 1'30"</i> A3. 4 ROUNDS - (6 x lado) DB Hang C&J - 12 goblet squat (DB media) - (6 x lado) pull-push polea <i>REST b/s: 1'30"</i>	A1. 3 sets x 12 reps - Taps Polea Deadbug - Remo + zancada en polea (Contral.) <i>REST b/s: 1'30"</i> A2. 3 sets - 8-10 Floor DB strict Press (4"-2"-1") - 10 Inverted bb row <i>REST b/s: 1'30"</i> A3. 3 sets - Plancha alta levantar pierna-brazo contrario aguantar 2"(si no pueden shoulder taps aguantar 2") - 10 deadbug pullover polea <i>REST b/s: 1'30"</i>	A1. 3 sets - 8-10 back squat (2"-0"-2") - 10 DB (box) thrusters <i>REST b/s: 1'30"</i> A2. 3 sets - 10 2xDB back lunges - 10 box step ups (sin carga) <i>REST b/s: 1'30"</i> A3. 4 RONDAS - 10 spanish squats - 6 Press pallof polea - 10 DB banded ISO glute bridge <i>REST b/s: 1'30"</i>	2- 3 RONDAS 10-15 reps (<i>Rest between rounds: 1'30"</i>) - Front rack ktibl Squat (1"-1"-1") Aguantar 1 segundo abajo <i>REST 30" then:</i> - 15 DB 1-1-2 bench press <i>REST 30" then:</i> - 10 (each) step up lateral (DB) <i>REST 30"-45" then:</i> - 10 (each) Gorilla row <i>REST 30"-45" then:</i> - 12 DB pass through plank <i>REST 30"-45" then:</i> "Si sobra tiempo: AMRAP 4' BY PAIRS (mientras uno hace uno el otro hace el segundo) - Cuadrupedia plank - 12 Ktibl swing

PHOENIX FOOTBALL PERFORMANCE

PROGRAMACIÓN/HORARIOS (FÚTBOL PREP.) PHOENIX LEGENDS

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	
	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 txiki 16.30h Infantil 17.30h Infantil 17.30h Cadete	EMPUJE + RODILLA BLOQUE A: Empuje+core - 10X2 Glute bridge Dumbbell bench press - 30" Superman en plancha BLOQUE B: Empuje(1)+core - 10X2 Press militar uni sentado - 5X2 Press palof pos iso zancada BLOQUE E: Rodilla+iso - 3 Back squat(Bajo en 3" subo en 1") - 20" iso push BLOQUE F: Rodilla(1)+ plio - 5X2 Pistol box squat - 20" lateral jops

PHOENIX SYSTEM

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS Find a 1RM -Rest 2' B/sets-	A. STRICT PULL UP Find a 1RM -Rest 2' B/sets-	A. BACK SQUAT Find a 1RM -Rest 2' B/sets-	A. STRICT PRESS Find a 1RM -Rest 2' B/sets-	A. RING PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A.4 Rounds 30 Assault cal 400m Run 30 Assault cal
	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 Find a 1RM -Rest 2' B/sets-	B. SEATED ARNOLD PRESS 4x10 -Rest 1' B/sets-	B. STRICT PULL UPS 5x10 @ AHAFa -Rest 2' B/sets-	B.For Time: 250/200m Row 10 Clean and Jerks @ 70% 250/200m Row 8 Clean and larks @75% 250/200m Row 6 Clean and Jerks @80% 250/200m Row 4 Clean and Jerks @85% 250/200m Row 2 Clean and Jerks @90%
	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-	C. CORE FINISHER 4 Rounds
	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-	15 Strict Abmat Situps (hands next to head or across chest) 15 Pulse Ups 10 Alt. V-ups (each side) 30 sec Copenhagen Plank (each side) 30 sec Superman Hold *Rest 2:00 b/t sets