



PROGRAMACIÓN AGOSTO 2026

SEMANA DEL 3 A 9



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 usuaria 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	
	CHIPPER For time: 1200m Run 50 Wallball 40 ttb 30 SB over the shoulder@60/40 20 Bar MU 30 SB over the shoulder 40 ttb 50 Wallball 1200m Run	ENDURANCE A. Emom 35' 1) 20 Row cal 2) 50 D.U. 3) 20 Ski cal 4) 20 Burpees over the line 5) Rest	HERO'S DAY A Emom 10' 12 DB bench press@AHAFa 10 Def. ring rows B."JASON" For Time 100 Air Squats 5 Muscle-Ups 75 Air Squats 10 Muscle-Ups 50 Air Squats 15 Muscle-Ups 25 Air Squats 20 Muscle-Ups	WEIGHTLIFTING POWER CLEAN A.Power clean + squat clean Emom 10' 1+1 @ 60%+ B. 5 Rounds each for Time (every 6') 400m Run 8 Power Clean@80/60 200m Run 8 Squat Clean 100m Run 8 Front Squat	GYMNASTICS HSPU A. Emom 10' (practice skills 40"w/20"r) shoulder taps/HSW/Pike push ups 40" wall sit hold B.For Time : 20-18-16....2 5HSPU 2-4-6.....20 Heavy DB snatch@30/22.5 100m Run	STRENGTH A. 5 Rounds (20') 15 Back rack lunges each leg 20 db good morning B. For Time synchro in pairs 10 to 1 (2xDB) Deadlift Push press Squat clean *10 Synchro TTB to change athlete	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GINMASTICOS	COMPETITION			
	POWER SNATCH A.EMOM 3' 3 Power Snatch T&G (40 to 50%) *two seconds receiving position REST 2' B. Emom 3' 2 Power Snatch(50 to 65%) REST2' C.EMOM 6' 1 Power Snatch (65% to 85%) D. By Pairs: AMRAP 12' 10/8 Cal 5ki 6 Burpees O.T.B 3 COMPLEX* * 1 POWER SNTACH+1 OVERHEAD SQUAT	SEMANA 9 – Base & agarre Objetivo: introducir carries y base de bisagra Técnica: Farmer carry (postura, pasos cortos) Fuerza: Deadlift 5x5 (70–75%) WOD 5 Rounds for time: * 30 m farmer carry * 8 deadlift (60%) * 10 burpees Core: 3 x 30" suitcase hold (cada lado)	RING MU A. Emom 10' 20" top ring hold + 20" bottom ring hold 20 hollow rocks 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 Se recomienda dominar antes los Bar M.U. C. Wod Amrap 9' 1 to 3 Ring M.U (estricto con goma) 10 jumping squat 100m Run	"BARBELL CYCLING + GYMNASTICS" (Regional 2015) WOD: AMRAP 12: * 6 power cleans * 12 toes to bar ————— "SPRINT INTERVALS" (Regional eliminator feel) WOD: 5 rondas: * 250 m row * 10 burpee box jump Rest 1:1			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE EMPUJE (CICLO 5) A. TRABAJO DE FUERZA (20') 10 Press banca 12 Flexiones pies elevados (2discos) Max Push press @2 PESO BAJO db B. FINISHER (20') B1. FINISHER 4 Rounds for time: 20 Hang C&J alt. 400m Run 10 DB Box step up alt.	TRABAJO DE RODILLA (CICLO 5) A. TRABAJO DE FUERZA (20') Max. Sentadilla con salto sin carga 10 Sentadilla frontal (2discos) 12 Box squat B. FINISHER (20') B1. FINISHER Amrap 14' 12 Jump sq 15-20 cal 10 burpee	TRABAJO FULLBODY (CICLO 4) A. TRABAJO DE FUERZA (20') 5 Strict pull up 10 Deadlift 60" Hollow hold B. FINISHER (20') B1. FINISHER EMOM 20': Max Vups alt. Max Ski cal Max Front sq DB Max Push press	TRABAJO DE TRACCIÓN (CICLO 5) A. TRABAJO DE FUERZA (20') 10 Dominadas explosivas 8 Remo con barra explosivo 40" High pull hold B. FINISHER (20') B1. FINISHER: 4 Rounds: 5 devil press (R) 250m Run 5 devil press (L) 20 wallball	TRABAJO DE CADERA (CICLO 5) A. TRABAJO DE FUERZA (20') 12 Deadlift 20 Back rack lunges alt. leg 14 Russian KB swing B. FINISHER (20') B1. FINISHER EMOM 14': 8 Cal + max Double db hang snatch 40 D.U.		

HYROX & HYBRID PROGRAM

	Hyrox365 Foundational program	Hyrox Endurance	Hyrox365 Engine program	Hyrox Hybrid strength program	Hyrox365 Power program	Hyrox365 Complete program	
	Main Workout 40 MINS Zone 1 A - Lallanne Plank, B - Row #1A Lallanne Plank #1B RowErg @ RPE 7 Zone 2 A - Couplet, B - Run #2A 8x DB Bench Press 8x Pushups #2B Run @ RPE 7 Zone 3 A - Mixed Carry, B - Skierg #3A KB Mixed Load Carry (High) Switch sides at 45 seconds #3B SkiErg @ RPE 7 Zone 4 A - Deadlifts, B - Wallballs #4A DB Deadlifts #4B Wallballs Zone 5 A - Sled Pull, B - Step ups #5A Arms Only Sled Pull #5B DB Step Ups	FOR TIME: 1000 m Run 25 Thruster 25 Burpees 25 DL 800 m Run 20 Thruster 20 Burpees 20 DL 600 m Run 15 Thruster 15 Burpees 15 DL 400m Run 10 Thruster 10 Burpees 10 DL 200 m run 5 Thruster 5 Burpees 5DL	Aerobic Efforts 42 MINS Zone 1 Running Work First 3 Runs 1000m Run @ RPE 7 01:15 Jogging Recovery @ RPE 4 Final Run 400m Run @ RPE 8 01:00 Jogging Recovery @ RPE 4 Zone 2 Partner Workout 20m DB Overhead Walking Lunge Partner 1 (TIMER) 15x DB Bent Over Rows RowErg Partner 2	A. Conditioning B. Strength 4 Rounds alt: 10 press militar (70%) rest 1' 30" hollow hold+20 v-ups alt rest 2'	Zone Intervals 30 MINS Zone 1 RowErg @ RPE 8 Zone 2 50% Competition Weight, Rest 10s, repeat 10m Underhand Sled Push 00:10 Rest Zone 3 Couplet 5x DB Arnold Press 5x DB Supinated Bicep Curl Zone 4 Max reps KB Single Leg Deadlift (2 Handed) Switch sides every 5 reps	Pull and Run 36 MINS Zone 1 15x DB Bent Over Rows For remaining time SkiErg Zone 2 Competition Weight Sled Pull Zone 3 Run @ RPE 8 Zone 4 Row, Rest, Repeat 150m RowErg 00:10 Rest	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	ENDURANCE	HYROX365 Engine	HYBRID	HYROX365 Power	HYROX365 Complete	

SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE TRACCIÓN	TRABAJO DE EMPUJE	TRABAJO ACCESORIO TRACCIÓN/EMPUJE	TRABAJO DE FLEXIÓN DE CADERA	TRABAJO DE FLEXIÓN DE RODILLA	TRABAJO ACCESORIO CADERA/RODILLA
	A. TRABAJO DE FUERZA (20') A1. 5 Rounds: 10 CHIN UP 30" row side plank each* B. FINISHER AMRAP 15' 12 db hang C&J 12 cal ski 12 Burpees	A. TRABAJO DE FUERZA (20') A1. 5 Rounds: 10 BENCH PRESS 40" pallof press B. FINISHER Emom 20' 20 Double DB Push press 20 V-ups alt. 10 inch worm Max assault cal.	A. 5 Rounds: 12 ktb curl 10 db row each* 5 excentric pull up B. 5 Rounds: 15 push up 20 banded face pull 10 bottom ktb press each C. HIIT DB's 15" Emom 15 Crush Grip Dumbbell Bent Over Rows 15 DB goblet Squats 20 DB Skull crushers	A. TRABAJO DE FUERZA (20') A. 5 Rounds: 6 hip thrust 30" banded holllow B. FINISHER For time 1 to 10 Double DB Bench press Double KB DL Bag squat (x2)	A. TRABAJO DE FUERZA (20') A. 5 Rounds: 10 FRONT SQUAT 60" wall sit B. FINISHER For time 500- 400-300-200-100m row 25-20-15-10-5 globet sq 25-20-15-10-5 sit up	A. 5 Rounds: 12 dl RDL 10 step down 4" excentric B. 5 Rounds: 12 cossack squat 8 glute bridge 4/4/4 6 box squat 110% C. HIIT MACHINES A. 3 sets for Time (1 set every 5 Minutes) 15 Assault cal. 20 Bike cal 40 Mountain climbers

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR	TREN INFERIOR	FULL BODY	TREN SUPERIOR	TREN INFERIOR	FULL BODY
	A1. 3 sets x 4 reps - Pull ups REST b/s: 1'30" A2. 3 sets x 8 reps - Tracción en polea unil. REST b/s: 1'30" A3. 3 sets x 8 reps - Bb strict press REST b/s: 1'30" A4. 10-10-8-8-6 - Ring Rows - Elevacioes laterales en polea - 30" Cuadrupedia core REST b/s: 2'	A1. 3 sets x 8 reps - Back squat smith machine REST 1'30" A2. 3 sets x 8 reps - DB lunges con slider REST b/s: 1'30" A3. 3 sets x 8 reps - Ktibl DL REST b/s: 60" 3-4 RONDAS - 30"- 40" Weighted wallsit - 30" Press pallof - 30" One leg glute bridge ISO hold (box)	A1. 3 sets x 8 reps - DB Bench press - Hands off push ups REST b/s: 1'30" A2. 3 sets x 8 reps - DB glute bridge - Banded clam shell plank REST b/s: 1'30" A3. 3 sets x 8 reps - Inch worm - 40m Farmer carry - Barbell deadlift + row	A1. 3 sets x 8 reps - Barbell bench press REST b/s: 1'30" A2. 3 sets x 8 reps - Inclined DB bench press alt. (8) REST b/s: 1'30" A3. 3 sets x 8 reps - Landmine strict press (de pie asimétrico) REST b/s: 1'30" A4. 10-10-8-8-6 - Push press - Cable chops (arriba-abajo) en posición de zancada apoyo pierna de fuera - Triceps extensions polea	A1. 3 sets x 8 reps - Barbell rack DL REST b/s: 1'30" A2. 3 sets x 8 reps - One leg supported Ktibl DL REST b/s: 1'30" A3. 3 sets x 8 reps - Front rack ktibl squat REST b/s: 1'30" A4. 10-10-8-8-6 - ISO glute bridge - 10 DB lunge + biceps curl - Plank DB pass through	A1. 3 sets x 8 reps - Australian pull ups - Facepull polea REST b/s: 1'30" A2. 3 sets x 8 reps - Goblet squat - 30"-40" Zancada ISO REST b/s: 1'30" B. 3 sets x 8 reps - Biceps polea - DB Zancada + press arriba - Ring rows

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x6@AHAF -Rest 2' B/sets-	A. STRICT PULL UP 4x6@AHAF -Rest 2' B/sets-	A. BACK SQUAT 4x6@AHAF -Rest 2' B/sets-	A. STRICT PRESS 4x6@AHAF -Rest 2' B/sets-	A. TEMPO PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A. Every 4 Minutes for 5 sets: 500/400m Row 50 Double Unders
	B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAF -Rest 2' B/sets-	B. MEADOWS ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 4x6@AHAF -Rest 2' B/sets-	B. DOUBLE DB Z PRESS 4x10 -Rest 1' B/sets-	B. CHIN UPS 5x10 @ AHAF -Rest 2' B/sets-	B. Teams of 3 4 Rounds 20/16 Cal Bike Erg 12 Legless rope climb 6 Sandbag Clean (150/100)
	C. HEX PRESS 4x10@AHAF -Rest 2' B/sets-	C. REVERSE GRIP LAT PULLDOWN 4x10 @ AHAF -Rest 2' B/sets-	C. KB BELT SQUAT 4x10@AHAF rest as needed	C. BENT OVER LATERAL RAISES 4x10 -Rest 2' B/sets-	C. TRICEP DIPS 4x10 -Rest as needed-	
	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@ AHAF -Rest as needed-	B. CORE FINISHER 4 Rounds:
	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@AHAF 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-	10 GHD to parallel (2 sec hold at full extension) 15 Pulse Ups 10 Kettlebell Side Bend (each side) 15 Kettlebell Front Rack Marches (each side) 30 yd Double Overhead KB Carry
	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-	*Rest 2:00 b/t sets