



PROGRAMACIÓN JULIO 2026

SEMANA DEL 20 A 26



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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	
	GYMNASTICS A: 5 Rounds (every 4') 5 Strict pull up 10 Cal 2 Rope climb B. METCON Emom 10' 15 to 20 Ring rows 12 to 16 2xDB squat cleans@22,5/15 -REST 3'- Emom 10' 8 to 15 TT B 12 to 16 Cal Bike	STRENGHT A: 5 Rounds (every 4') 3 Front squat 15 GHD Sit ups 20m Farmer carry B. Emom 12' Max Cal Ski 40" sorensen hold Max Bench Press with DBs@AHAFa	CHIPPER Amrap 15' 10 Burpees over the DB 15 CT8 20 DB snatch alt. @22,5/15 -rest 5'- Amrap 10' 10 Burpees over the DB 10 Bar M.U. 10 DB squat snatch alt. @22,5/15	NASTY GIRLS DAY A: "Elizabeth" 21:15-9 Reps For Time: Squat Cleans (135/95 lb) Ring Dips B: "Ellen" 3 Rounds for Time 20 Burpees 21 Alternating Dumbbell Snatches (50/35 lb) 12 Dumbbell Thrusters (2x50/35 lb)	ENDURANCE Amrap 40' 60 Bike cal 40 Wallball 40 Ski cal 40 Medball clean 40 Row cal. 40 Box Jump Over 600 m Run	TEAMS Teams of 3 Amrap 30' 300 D.U. (ALT.3) 40 Double Hang Clean and Jerk(2) @2x22,5/15 30 TT B (2) 400m run (3) 30 Wallball alt @30/20lb(2) 40m farmer carry each @2x22,5/15	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION			
	SQUAT CLEAN A. Calentamiento Barbell yoga B. For Quality Round 1: 1.1.1.1.1 (60%) Round 2: 1.1.1.1.1 (65%) Round 3: 1.1.1.1 (70%) Round 4: 1.1.1 (75%) Round 5: 1.1 (80%) ** Siempre acabamos haciendo un 5x5 de triones con el peso que termino C. WOD FOR TIME TC: 10' 20 Power C&J 45% (intentamos Unbroken) Rest 2' 2-4-6-8 Power clean 45% BF Burpees	SEMANA 7 – Simulación competición Técnica: Repaso general (rápido) Fuerza: Front squat 5x3 WOD (estilo strongman medley): 4 rondas: * 20 m yoke * 20 m farmer * 3 atlas stone * descanso 1'	HSW A. Emom 10' 40" Shoulder taps/subidas a disco 10 V-ups alt+10 superman B. Técnica Movimiento gimnástico avanzado Recomendado para aquellas personas que dominen las HSPU C. Wod Amrap 8' Max m HSW/3 wallwalks (mínimos pasos) 10 Air squat 100m Run	REGIONALS "LEGLESS & THRUSTER TEST" (Regional 2013 vibe) WOD: For time: * 30 thrusters * 15 rope climbs (o progresión) ————— "CHIPPER DE PIERNA" (Regional 2016 style) WOD: For time: * 50 pistols (alternando) * 40 wall balls * 30 box jump overs * 20 deadlifts —————			

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE RODILLA (CICLO 4)	TRABAJO FULLBODY (CICLO 4)	TRABAJO DE TRACCIÓN (CICLO 4)	TRABAJO DE CADERA (CICLO 4)	TRABAJO DE EMPUJE (CICLO 4)		
	A. TRABAJO DE FUERZA (20')	A. TRABAJO DE FUERZA (20')	A. TRABAJO DE FUERZA (20')	A. TRABAJO DE FUERZA (20')	A. TRABAJO DE FUERZA (20')		
	PINED SQUAT BULGARIAN SQ (ISO CATCH) + CONCENTRIC // SPLIT SQUAT (ISO CATCH) NORDIC CURL GHD	4 ROUNDS LANDMINE THRUSTER GORILA ROW LANDMINE ROTATION	BENT OVER ROW CABLE SINGLE ROW ZANCADA BICEPS TRX	HIP THRUST ASIMÉTRICO DB HIGH STEP UP COPENHAGUE PLANK	BENCH PRESS C/ STOP CABLE SINGLE PRESS DB FRENCH PRESS		
	B. ACCESORIO/FINISHER (20')	B. ACCESORIO/FINISHER (20')	B. ACCESORIO/FINISHER (20')	B. ACCESORIO/FINISHER (20')	B. ACCESORIO/FINISHER (20')		
	B1. ACCESORIO 5 Rounds: - 6 db step up + press - 60" wall sit	B1. ACCESORIO 5 Rounds: - 6 db step up + press CAMBIAR - 60" wall sit	B1. ACCESORIO 5 Rounds: - 15 Australian pull up - 20" iso banded row	B1. ACCESORIO 5 Rounds: - 10 good morning - 60" hollow hold	B1. ACCESORIO (FUERZA UNILAT/INESTABILIDAD) 5 Rounds: - 10 unilat db press each - 20" bar hold flex hip		
	B2. FINISHER AMRAP 14" 10 Thrusters 20 Sit Ups 10 Cal AB	B2. FINISHER EMOM 14': Max lunges alt. Max Push ups	B2. FINISHER: 5 Rounds: 15 cal Row/Ski 10 Devil Press 5 Burpee Box Step Up	B2. FINISHER 10 Rounds: 8 Ktb DL2X@AHAF 8 Inch worm	B2. FINISHER 3x EMOM 4: -MAX Push Press -8 to 12 Bar Facing Burpees		
	B3. FINISHER (HIIT) Emom 10' Max jump squat 40" wallsit hold	B3. FINISHER (HIIT) Emom 10' Max bike cal Max S.U.	B3. FINISHER (HIIT) Emom 10' Max Row cal Superman hold	B3. FINISHER (HIIT) Emom 10' Max ski cal Rest	-Rest 3'- b/EMOM B.3 FINISHER (HIIT) Emom 10' (30"ON/30"OFF) HS hold/double KB OH hold Max push press @ empty bar		

HYROX & HYBRID PROGRAM

	Hyrox365 Foundational program	Hyrox Endurance	Hyrox365 Engine program	Hyrox Hybrid strength program	Hyrox365 Power program	Hyrox365 Complete program	
					"Full Body Strength - 29 MINS 12.5 min Work/ 2 min Rest, 2 Rounds Zone 1 Chipper 30x DB Deadlifts 40x DB Hex Floor Press 40x Alt DB Snatches 30x DB Hang Clean Zone 2 Partner 1 40m KB Walking Lunge Partner 2 40x Hollow Body Flutter Kicks Full Body Strength - 25 MINS 11 min Work/ 90s Rest, 2 Rounds Zone 1 Partner 1 12x DB 1 Arm Push Press 6x per side 12x DB 1 Arm Row 6x per side Partner 2 6x Touchdown Squat (Bench) Rest Until Partner 1 finishes Zone 2 12x KB Gunslinger Swing 12x Inside-outside Plank Jumps 00:20 Rest 8x KB Mixed Loaded Kneel To Stand (low) 4x per side		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)
	Main Workout - 40 MINS 60s Work/ 20s Rest, 30 Rounds (3 Circuits) Zone 1 5x DB Thrusters 00:05 Rest Zone 2 Run @ RPE 9 Zone 3 KB Mixed Load Carry (High) Zone 4 Speed Skaters Zone 5 SkErg @ RPE 9 Zone 6 Arms Only Sled Pull Zone 7 Sandbag Reverse Lunge Zone 8 High Side Plank Hip Raises Switch every 10 reps Zone 9 5x DB Bent Over Rows 00:05 Rest Zone 10 Cross Body Climbers	1km run 1000m Ski 1km run 50m Sled push 1km run 50m Sled pull 1km run 80m Burpee broad jumps 1km run 1000m Row 1km run 200m Farmers carry 1km run 100m sandbag lunges 1km run 100 wallballs	Compromised Machine Work - 24 MINS 2:30 Work/ 30s Rest, 8 Rounds.2 Full Circuits. Zone 1 Sandbag Walking Lunges Zone 2 Run @ RPE 8 Zone 3 20x Russian KB Swings 10x Jackknife Situps Doubles Finisher - 16 MINS 7 min Work/ 1 min Rest, 2 Rounds Zone 1 Task 1 100x KB Goblet Squats Task 2 For remaining time Max m RowErg @ RPE 9 30 second alternating sprints Zone 2 Task 1 50m Burpee Broad Jumps Split evenly between partners Task 2 For remaining time Max m SkErg @ RPE 9 30 second alternating sprints between partners	A. Emom 10' 5 Strict pull up + plank until end 40" SB bear hug B. Amrap 20' in pairs 400m Run together 100kb swing 200m Row each 100 Push ups 200m Ski each 100 DB thrusters 100m Farmer carry		Compromised Work - 24 MINS 60s Work/ 30s Rest, 16 Rounds Zone 1 TIMER 650-800m Run Zone 2 Competition Weight Sled Pull Zone 3 RowErg @ RPE 8 Zone 4 DB Triplet 5x DB Clean & Press 5x DB Devil's Press 10x Pushups	
	HYROX365 Foundational	ENDURANCE	HYROX365 Engine	HYBRID	HYROX365 Power	HYROX365 Complete	

SALAS BOUTIQUE

FUNCIONAL HEALTH

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 STRICT PRESS -rest 1'- 60" shoulder tap push up or hs hold -rest 2'- B. METCON Emom 16': 12 cal ski 40" hollow hold 12 Strict chin ups 40" Double oh weighth hold/HS hold	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 ZOMBIE SQUAT -rest 1'- 10 1+1/2 Double DB Bench press -rest 2'- B. METCON Amrap 5' 10 Thrusters 10 Burpees 10 V-ups rest 2' Amrap 3' 6 Thrusters 6 Burpees 6 Monopie	TRABAJO ACCESORIO EMPUJE/RODILLA A. 5 Rounds: 12 db bench press 10 db skull crush B. 5 Rounds: 12 double kt front squat 50" banded hollow C. HIIT DB's EMOM 18' 20 DB Snatch alt. 10 DB box step over 20 DB Front squat	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 PULL UP -rest 1'- 21 Barbell Biceps -rest 2'- B. METCON Amrap 12' 16 db hang c&j alt. 30" ring row hold pos. 16 Sit ups	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds 10 HIP THRUST -rest 1'- 10m monster walk each side -rest 2'- B. METCON For Time: For Time: 400-300-200-100m row 10-20-30-40 DL 2 DB 20-16-12-8 BARBEL LUNGES	TRABAJO ACCESORIO TRACCIÓN/CADERA A. 5 Rounds: 20 banded face pull 10 db row each arm B. 5 Rounds: 10 Back squat@barbell 30" lateral plank abd apertures each side C. HIIT MACHINES EMOM 12' for max cal each min Ski cal bike cal row cal assault cal

FUNCIONAL BASIC STRENGTH

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR A1. 4 sets - Chin ups (10/5/30") - 30"-40" ISO row hold (ring row) <i>REST b/s: 2'</i> A2. 4 sets x 6 reps - Contralateral landmine press (caballero) - Lanzamiento vertical balón medicinal <i>REST b/s: 2'</i> 4-5 RONDAS: - 10 Deadbug con polea - 10 Remo uni. DB - 10 DB strict press	TREN INFERIOR A1. 4 sets x 5 reps - Box squat (smith machine) - Single leg box squat <i>REST 2'30"</i> A2. 4 sets x 5 reps - DB Bulgarian/Split squat - Banded monster walk <i>REST b/s: 2'-1'30"</i> A. 5 RONDAS - 40" Cuadrupeia plank - 10 DB Glute bridge - 10 Spanish squat <i>REST b/s: 2'</i>	FULL BODY A1. 4 sets x 8-10 reps - 40"-60" Wallsit hold - Ktibl front rack goblet squat <i>REST b/s: 2'</i> A2. 4 sets x 8-10 reps - Landmine barbell row - Seated db strict press + cable row <i>REST b/s: 2'</i> A3. 4-5 RONDAS - 6 inch worm - 12 Hang DB snatch - 30"-40" Plancha cuadrupedia con taco	TREN SUPERIOR A1. 4 sets x 5 reps - Barbell bench press (machine) - Press pallof en pos. caballero y hacer empujes dinámicos <i>REST b/s: 2'</i> A2. 4 sets x 5 reps - Australian pull up (10/5/30") - 10 Retracc. escapulares en TRX <i>REST b/s: 1'</i> A3. 4-5 RONDAS - 15 DB chest press 1-1-2 - 14 Slow mountain climbers - 10 Remo en polea baja	TREN INFERIOR A1. 4 sets x 5 reps - Rack deadlift - One leg box ISO hold (balón en manos) <i>REST b/s: 2'</i> A2. 4 sets x 5 reps - Single leg ktibl deadlift (agarrándose) - Subidas a cajón con DB <i>REST b/s: 1'30"-2'</i> A3. 4-5 RONDAS - 10 Ktibl swing - Dead bug banded hip flexors hold 30" - 10 DB zancada + empuje	FULL BODY A1. 5 sets x 10 reps - Reverse lunge w/ rotation (la pierna se apoya) - Medium weight DB Box step ups <i>REST b/s: 1'-1'30"</i> A2. 5 sets x 10 reps - Barbell row - Renegade row <i>REST b/s: 1'-1'30"</i> B. 4 RONDAS - 12 skull crushers - 6 Modified inch worm: high plank 12 shoulder taps + push up - 12 Goblet squat

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x8@AHAF -Rest 2' B/sets-	A. STRICT PULL UP 4x8@AHAF -Rest 2' B/sets-	A. BACK SQUAT 4x8@AHAF -Rest 2' B/sets-	A. STRICT PRESS 4x8@AHAF -Rest 2' B/sets-	A. RING PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A.Teams of 3 3 Rounds 30/24 cal Bike, Row, or Ski* 21 Squat Cleans (85/65)
	B. ALT. INCLINE DB BENCH PRESS 4x10 @ AHAF -Rest 2' B/sets-	B. BODY ROW ON RACKED BARBELL 4x10 -Rest 2' B/sets-	B. DEADLIFT 4x8@AHAF -Rest 2' B/sets-	B. SEATED ARNOLD PRESS 4x10 -Rest 1' B/sets-	B. STRICT PULL UPS 5x10 @ AHAF -Rest 2' B/sets-	B. CORE FINISHER
	C. DOUBLE DB BENCH PRESS 4x10@AHAF -Rest 2' B/sets-	C. SINGLE ARM LAT PULLDOWN 4x10 @ AHAF -Rest 2' B/sets-	C. BARBELL FRONT SQUAT:1 AND 1/2 REPS 4x8@AHAF rest as needed	C. RING Y RAISE 4x10 -Rest 2' B/sets-	C. RING DIPS 4x10 -Rest as needed-	4 rounds:
	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@ AHAF -Rest as needed-	15 Stick Sit Ups 30 Flutter Kicks (each side) 30 Heel taps (each side) 30 yd Isolateral DB Farmers Carry (left) 30 yd Isolateral DB Farmers Carry (right)
	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@AHAF rest as needed	E. LATERAL BAND WALK 4x10m (EACH SIDE) -Rest 2' B/sets-	E. BARBELL SKULL CRUSHERS 4x10 -Rest as needed-	*Rest 2:00 b/t sets
	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-	