PROGRAMACIÓN AGOSTO 2025

SEMANA DEL 04 AL 10 DE AGOSTO

CrossFit PTB

PHOENIXBOX
PHOENIXBOX.ES

PHOENIX Boutique

PHOENIX BOX

		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
CROSSFIT		GYMNASTICS Pull ups A.Pull ups 10' to reach a heavy 1 B. Emom 10' 3 to 5 rope climb 5-7 to 10 Cal Air/Row dl C. Emom 10' 15 to 20 Ring rows 12 to 16 2x0B squat clean@22/15/15 D. Emom 10' 8 to 15 T2B 12 to 16 Cal Bike	STRENGHT A.FRONT SQUAT 20' To reach a 1RI B. +5 Extra set until fail 80% of A. C. Emom 12' Extra Cal Bi 60" scammers hold Extra Bench Press with 10lb@MANYA	CHIPPER Amrap 15' 50 Burpees over the DB 50 CTB 50 DB snatch alt.@22.5/15 rest 5' Amrap 15' 50 Burpees over the DB 50 Box Ski. 50 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."Helen" 3 Rounds For Time 400 meter run 21 Kettlebell Swings 12 Overhead Lunging Dumbbell Snatchers (50/35 lb) 12 Dumbbell Thrusters (2x50/35 lb)	MAGUALAKES Amrap 02' 60 Bike cal 30 Wallball 30 Box Jump 30 Dumbbell clean 30 Row cal 30 Box Jump Over 400 m Run	TEAMS Teams of 3 Amrap 30' 400 R.O. (60/70) 30 Hang Clean and Jerk(2 @22/15/15 30 T7B (2) 400m run (R) 30 Wallball alt.@30/20lb(2) 10m farmer carry each @22/15/15		

ESPECIALIDADES PHOENIX BOX

FUNCIONAL BOX									
ENDURANCE									
GIMNÁSTICOS									
BARBELL & STRENGTH									
HYBRIDO									

PHOENIX Boutique

		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
FUNCIONAL		A. TRABAJO DE FUERZA (20') A1. BACK SQUAT MB. A2. ALTERNATE FOR QUALITY 5 Rounds: - 8 back dick lunges - 60 " wall sit B. ACCESORIO/FINISHER (20) B1. FINISHER 3 Rounds for time in pairs relay: 30 Assault cal. 30 Goblet squat 30 Sit ups B2. ACCESORIO 5 Rounds: - 30 AnkleTIR - 60" banded hollow	A. TRABAJO DE FUERZA (20) A1. BACK RACK LUNGES MB. A2. ALTERNATE FOR QUALITY 5 Rounds: - 20 m monster walk - 40" side plank + hip flex each side B. ACCESORIO/FINISHER (20) B1. FINISHER A Rounds for Time: 21 GHR KOLAY 12 KETTLEBELL SWING DB ALT. REVERSE LUNGES DB BURPEES 2KB in snatchers B2. ACCESORIO 5 Rounds: - 4 banded glute bridge 4/8/8 - 20 air squat (sin ext - free REP)	TOTAL GYM Every 2 for 6 rounds: - 20 Double DB bench press alt - 5 Bulgarian split squat each leg 5 Rounds: - 10 Reverse lunges goblet DB each leg - 16 DB Hexpress EMOM 14 : - 10m DH kb carry each arm - 40" Hollow hold	A. TRABAJO DE FUERZA (20) A1. STRICT PRESS MB. A2. ALTERNATE FOR QUALITY 5 Rounds: - 8 pistol banded db press - 5 6" shoulder tap B. ACCESORIO/FINISHER (20) B1. FINISHER EMOM 16 - 10 Cal Air bi - 10 push press 2x0B - 10 v - ups B2. ACCESORIO 5 Rounds: - 12 db bench press - 10 db shell crush	A. TRABAJO DE FUERZA (20) A1. PULL UP MB. A2. ALTERNATE FOR QUALITY 5 Rounds: - 5 neutrals pull up - 20 banded face pull B. ACCESORIO/FINISHER (20) B1. FINISHER 5 Rounds For time: (TC 15) - 15 Hang Hang C&J KB. - 15 sup pree - 15 Dual pen over the DB REST 2' Max hang C&J 2x0B (unbroken) B2. ACCESORIO 5 Rounds: - 10 db row - 10 bar curl	CRAZY SATURDAY A.EMOM 16' 10 DB Hang Snatchers alt. 10 Assault cal Max. Burpees 10 Crush Grip DB Thrusters B. 5 Round chestnut Rx 3) 5 Over leg kb db each leg@MANYA 10 Pilg press each arm 5 Bulgarian split squat each leg@MANYA 10 Bar bell Row@MANYA	

ESPECIALIDADES PHOENIX Boutique

HIIT		05 ROUNDS: 20" snap kb swing 20" REST 20" Max shuttle run 20" REST REST 2 '00" 05 ROUNDS: 20" row dis cal 20" REST 20" Max 2x db hang clean & jerk 20" REST REST 2'00" 05 ROUNDS: 20" row/bike cal 20" REST 20" Max burpee box step up 20" REST							
BOXING									

PROGRAMACIÓN FUERZA/HIPERTROFIA

FUERZA		A. BENCH PRESS 4x10@MANYA - Rest 2 R/sets B. ALT. DB BENCH PRESS 4x10 @ MANYA(EACH SIDE) - Rest 2 R/sets C. ALT. INCLINE DB BENCH PRESS 4x10@MANYA - Rest 2 R/sets D. STANDING CHEST APERTURES/RAISES: 4x12 - Rest as needed E. SEATED ALT. DB CURL 4x10 (EACH SIDE) - Rest as needed F. DB PREACHER CURL 4x10 reps - Rest as needed	A. STRICT PULL UP 4x10@MANYA - Rest 2 R/sets B. DOUBLE DB PRONE ROW 4x10 - Rest 2 R/sets C. NEUTRAL GRIP LAT PULLDOWN 4x10 @ MANYA - Rest 2 R/sets D. SUPPORTED SINGLE ARM DB ROW 4x10 (EACH SIDE) - Rest as needed E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 - Rest as needed F. SINGLE ARM DB KICKBACK 4x12(EACH SIDE) - Rest as needed	A. BACK SQUAT 4x10@MANYA - Rest 2 R/sets B. DEADLIFT 4x10@MANYA - Rest 2 R/sets C. BARBELL FRONT SQUAT 3+1/2 REP 3x8@MANYA - rest as needed D. DB GOOD MORNINGS 3x12 - rest as needed E. BAND PULL THROUGH 4x12@MANYA - rest as needed F. STANDING BARBELL CALF RAISE 4x15-20 - rest as needed	REST	A. STRICT PRESS 4x10@MANYA - Rest 2 R/sets B. SEATED ARNOLD PRESS: 4x10 - Rest 2 R/sets C. STANDING DB LATERAL RAISE 4x10 - Rest 2 R/sets D. OHD HIP EXTENSION 4x10 - Rest 2 R/sets E. ALT. DOUBLE DB STEP BACK LUNGES 4x10 (EACH SIDE) - Rest 2 R/sets F. SINGLE LEG DB HIP THRUST 4x10 reps - Rest as needed	A.KING PUSHUPS 5x10 - Rest 2 R/sets B. STRICT PULL UPS 5x10 @ MANYA - Rest 2 R/sets C. RINGS DIPS 5x10 - Rest as needed D. DB SPIDER CURLS 5x10@ MANYA - Rest as needed E. INVERTED SKULL CRUSHER 5x10 - Rest as needed F. INCLINE DUMBBELL CURL 5x10 - Rest as needed	CRAZY FOR THE LEGENDS..... A. 8 rounds of Evelyn: 20 Abdbelts 15 Deadlifts @ 100/70 6 Wall Walks. B. CORE FINISHER 3 sets: 10 GHD to parallel (2 sec hold at full extension) 15 Pulse ups 20 Alternating Side Bend (each side) 15 Mil Front Rack Machine (each side) 30 yd Double Overhead KB Carry *Rest 2-00 b/t sets