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PROGRAMACIÓN DICIEMBRE 2025

SEMANA DEL 15 AL 21

ESPECIALIDADES PHOENIX

CROSSFIT

CrossFit PTB

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
WARM UP a. 3 rounds of: 10 x gobletsquat 10 x 10 x Kettlegun Trx Row b. Aspect 12 (crossfitball) wall sit 20 x wallball 10 20 x Kettlebell Lungeoffwall/10 kbg wall 20 x Kettlebell Swings 2 rounds of: 20 x Kettlebell Swings Active Hip 10 KB power clean	**WARM UP** a. Rower 10 min (w/20 rdb) b. 3 rounds of: Rower 10 min, 10kg rdb Rower 10 min, 10kg rdb c. Rower 10 min Rower 10 min d. Tricepsdip bodyweight Tricepsdip bodyweight Tricepsdip bodyweight Tricepsdip Rower, rdb Rower w/8 Rowpoun Rower	**WARMUP TIME** **POWER 10x** a. Power cut Power cut, 10 x 1 RM b. Super clean Super clean, 10 x 1 RM c. 4-4-4-4-4-4-4-4-4-4 rep for time of: Power Snatch Hang Power Snatch **WARMUP TIME** Warm up: 10 min Bike/Row **Strength skills** Strict Pull Ups Strict Dips Strict Handstand Push Up