681196435
INFO@PHOENIXBOX.ES

PROGRAMACIÓN DICIEMBRE 2025

SEMANA DEL 08 AL 14

ESPECIALIDADES PHOENIX

CROSSFIT

CrossFit PTB

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PREPARATIVA DE ENTRENAMIENTO PREPARACIÓN 1. 3 x 10 DL Hip abd c/ elas. 2DD x10DI Hip add Hip abd c/ elas. 2DD x10DI Hip add Hip abd c/ elas. 2DD x10DI Hip add Hip abd c/ elas. 2DD x10DI Hip add Hip abd c/ elas. 2DD x10DI Hip add	HOLD 3 x 30 SEG SQUAT HOLD 2. Tumbled 4 Tumbled 4 (3 x 30 SEC of 30s) Open complete tumbling (deadlock) 3. Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk (Sets x 45 sec) Wall walk (Sets x 45 sec)	PREPARATIVA WOD PREPARACIÓN 1. 3 Rounds of Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk	1. 3 Rounds Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk	HOLD 1 min Handstand Squat Hold 100% 2. Tumbled 4 Tumbled 4 (3 x 30 SEC) Open complete tumbling (deadlock) 3. Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk	1. 3 Rounds Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk	1. 3 Rounds Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Tumbled 4 Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk	HOLD 1 min Handstand Squat Hold 100% 2. Tumbled 4 Tumbled 4 (3 x 30 SEC) Open complete tumbling (deadlock) 3. Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Handstand Squat Hold 100% Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk 2. Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk Wall Walk

ENDURANCE

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		

BARBELL & STRENGTH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		

HYBRID TRAINING

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		

GIMNASTICOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		

PROGRAMACIÓN DE FUERZA/BODYBUILDING

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
1. PEACE PRESS PREPARATIVA Rest 1' Rounds 2a. DC. SKULLER (BARRA+PESITO) PREPARATIVA Rest 1' Rounds 2. PEDRERA DE BÍCEPS FÉMUR PREPARATIVA Rest 1' Rounds 3a. PLAT APRIETA DIA SANTO 3 Cor PREPARATIVA Rest 1' Rounds 3. ACERTO ANT DIA CURL PREPARATIVA Rest 1' Rounds 4. PRENSA DE ADDUCTOR TRIÁNGULO DIA PREPARATIVA Rest 1' Rounds	1. PRESS FRONTAL 1DT PREPARATIVA Rest 1' Rounds 2a. PRESS TRÍCEPS TRAS NUCA (MANCUERNA) PREPARATIVA Rest 1' Rounds 2. PRESS BANCA 1/2 TRIÁNGULO PREPARATIVA Rest 1' Rounds 3. PRESS MÁQUINA CÁLIZ + CRUCEROS PREPARATIVA Rest 1' Rounds 3. CURL DIA TRIÁNGULO PREPARATIVA Rest 1' Rounds 4. TRÍCEPS POLEA ALTA + CRUCEROS PREPARATIVA Rest 1' Rounds	1. PRESS FRONTAL 1DT PREPARATIVA Rest 1' Rounds 2. MILITARY PREPARATIVA Rest 1' Rounds 3. ELEVACIÓN LATERAL PREPARATIVA Rest 1' Rounds 4. PRENSA MÁQUINA CÁLIZ + CRUCEROS PREPARATIVA Rest 1' Rounds 5. CURL DIA TRIÁNGULO PREPARATIVA Rest 1' Rounds 6. TRÍCEPS POLEA ALTA + CRUCEROS PREPARATIVA Rest 1' Rounds	REST	1. PRESS FRONTAL 1DT PREPARATIVA Rest 1' Rounds 2. PRESS MILITAR PREPARATIVA Rest 1' Rounds 3. PRESS + FRONTAL PREPARATIVA Rest 1' Rounds 4. ELEVACIÓN LATERAL PREPARATIVA Rest 1' Rounds 5. ELEVACIÓN LATERAL PREPARATIVA Rest 1' Rounds 6. ELEVACIÓN LATERAL PREPARATIVA Rest 1' Rounds 7. ELEVACIÓN LATERAL PREPARATIVA Rest 1' Rounds 8. TRÍCEPS POLEA ALTA + CRUCEROS PREPARATIVA Rest 1' Rounds	1. PRESS FRONTAL PREPARATIVA Rest 1' Rounds 2. PRESS FRONTAL 1DT PREPARATIVA Rest 1' Rounds 3a. PRESS TRÍCEPS TRAS NUCA (MANCUERNA) PREPARATIVA Rest 1' Rounds 3. PRESS BANCA PREPARATIVA Rest 1' Rounds 4. PRESS BANCA PREPARATIVA Rest 1' Rounds 5. PRESS BANCA PREPARATIVA Rest 1' Rounds 6. PRESS BANCA PREPARATIVA Rest 1' Rounds 7. PRESS BANCA PREPARATIVA Rest 1' Rounds 8. PRESS BANCA PREPARATIVA Rest 1' Rounds 9. PRESS BANCA PREPARATIVA Rest 1' Rounds 10. PRESS BANCA PREPARATIVA Rest 1' Rounds 11. PRESS BANCA PREPARATIVA Rest 1' Rounds 12. PRESS BANCA PREPARATIVA Rest 1'