



PROGRAMACIÓN OCTUBRE 2026

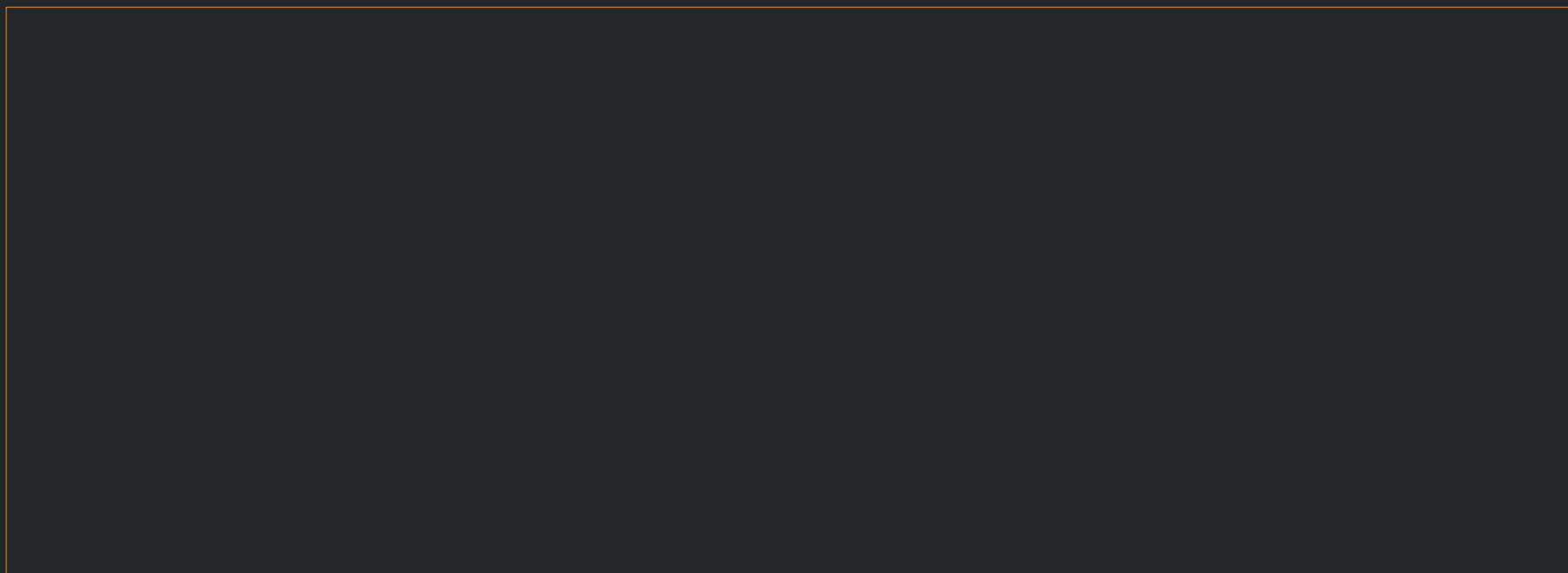
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PHOENIX PERFORMANCE

ACTIVIDADES DE PLANTA BAJA EN PHOENIX BOX

CROSSFIT

CrossFit PTB	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	STRENGTH	CHIPPER	ENDURANCE	GYMNASTICS	WEIGHTLIFTING	QUARTERFINALS 2024	
	A. 5 Rounds (15') 4 SUMO DL 10 Weighted box step up alt.@ 50cm then 7' To reach a H1 SUMO DL B. EMOM 16' 14 to 20 Box Steps Over@ (2x22,5/15kg) 20 to 15 cal 20 TTB REST	A. Emom 12' 10 Muscle snatch@40% of 1RM 5 strict pull up + 10 push ups 10 OHS @ empty barbell (tempo 3030) B. Amrap 20' in pairs 20 Power snatch@ (50/40kg) "you go I go" 10 Ser MU synchro 20 BF Burpees synchro 10 OHS each	4 Rounds each for max reps of: 1' max burpees TT rest 30" 1' max cal SKI rest 30" 1' max Shuttle run rst 30" 1' max cal row rest 2' 400 Reps = 0 m Run 350-399 reps = 400m Run 300-349 reps = 800m Run 250-299 reps = 1200m Run 200-249 reps = 1600m Run -199 reps = 2000m Run	A. Emom 12' 40" Sorensen Hold 8 Strict Rope Pull Up(sentado piernas estiradas) 6 Bulgarian split sq each leg B. 4 rounds Amrap 3' on/2' off 15 Cal. 2 Legless Rope climb Max DB's thruster@ (2x22,5/15)	SQUAT C&J A.6 rounds every 90" (1.1.1) Squat clean w/3" pause receiving pos. Squat clean & Push jerk w/3" pause Squat clean & Jerk B. 10' to find a H1 Squat C&J C. Amrap 12' 20 CTB 15 Burpees TT Max C&J@80/60kg	A. WOD 3 In pairs For time: 500-meter row 50 handstand push-ups (1 station, switch as needed) 50 synchro wall-ball shots Rest 3' 50 synchro wall-ball shots 50 handstand push-ups (1 station, switch as needed) 500-meter row ♀ 14-lb ball, 9-foot target ♂ 20-lb ball, 10-foot target Time cap: 30 minutes TABATA: Push ups V-ups	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GINMASTICOS	COMPETITION	CROSSFIT FAMILY		
	HIGH HANG SQ. SNATCH Barbell yoga A. 3x3 snatch balance (60-70%) B. EZMOM X 5 trabajo desde high hang: (30% RM+) complex: 2X (high hang pull + high hang power snatch + OHS) C. H1 High hang sq. snatch 10' D. AMRAP 8' 60% of C 8 H1.H.Sq snatch 8 burpee over the bar 8 sit ups	SEMANA 17 – Base & agarre Objetivo: introducir carries y base de bisagra Técnica: Farmer carry (postura, pasos cortos) Fuerza: Deadlift 5x5 (70–75%) WOD (AMRAP 15): * 30 m farmer carry * 8 deadlift (60%) * 10 burpees Core: 3 x 30" suitcase hold (cada lado)	BUTTERFLY A. Emom 10' 5 strict pull up (4" down) B. Técnica Movimiento gimnástico avanzado Recomendado para aquellas personas que dominan el Kipping: - Mínimo 2/3 dominadas estrictas con peso corporal - Mínimo 2/3 CTB con kipping C. Wod For time acumulate max pull ups (butterfly) *each break 300m Run	"SPRINT & PACING" WOD: Fran (adaptado) 21-15-9 * Thrusters (42,5/30 kg) * Pull-ups ————— "REPEATABILITY TEST" WOD For time: * 21-15-9 * Deadlift@100/70 * Bar facing burpees	A. Emom 12' 40" Wallsit hold 8 Australian pull up 20 V-ups alt. C. Amrap 16' 20 Ring row (10 each) 15 Burpees synchro 10 Double DB Hang clean synchro		

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE RODILLA (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Back squat 40" wallsit hold 6/lado Sentadilla búlgara B. ACCESORIO/FINISHER (20') For time: 500- 400-300-200-100m Run 25-20-15-10-5 Wallball 25-20-15-10-5 Sit ups	TRABAJO FULLBODY (CICLO 6) A. TRABAJO DE FUERZA (20') Every 4' for 5 rounds: 8 Zercher squat 10 Bent Over Row 10 Press Frances con barra B. ACCESORIO/FINISHER (20') Emom 18' 20 Double bench press 40" Plank hold Max DB box step up alt.	TRABAJO DE TRACCIÓN (CICLO 6) A. TRABAJO DE FUERZA (20') 6 Deadlift 10 Dominadas lastradas 8/lado Remo con mancuerna unilateral B. ACCESORIO/FINISHER (20') AMRAP 15' 12 DB hang snatch 12 burpees 12 DB lunges 24 D.U.	TRABAJO DE CADERA (CICLO 6) A. TRABAJO DE FUERZA (20') 40" Puente ISO gluteo con goma 8 spanish squat 10 Sumo kb DL B. ACCESORIO/FINISHER (20') For time 10 to 1 Double DB squat Double DB hang snatch Double DB DL	TRABAJO DE EMPUJE (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Fondos en paralelas lastrados 8 Press banca Max Press militar de pie (barra vacía) B. ACCESORIO/FINISHER (20') Emom 16' Max Push ups Max cal Max D.U. 200m run		

HYROX & HYBRID PROGRAM

LUGAR	HYROX365 Foundational	HYROX Endurance	HYROX365 Engine	HYROX365 Complete	HYROX365 Power	HYROX PARTNER COMP. PREP	
		For time (tc 40') 300m Run 40 Wallball 300m Run 40 Burpee 300m Run 40 Kb swing 300m Run 40 Goblet Squat 300m Run 40 Lunges 300m Run 40 Push ups 300m Run 40 Sit ups 300m Run 40 V-ups 300m Run 40 Jumping squats 300m Run 40 Burpee Broad Jump 300m Run 40 Devil press (1DB) 300m Run 40 Shoulder taps	Acid Baths and Miles · 28 MINS Zone 1 — \"The Almost Acid Bath\" 01:30 Ski Erg Sprint 01:30 RowErg Zone 2 — Max Distance Run @1% Incline 03:00 Run Zone 3 — \"Reverse Almost Acid Bath\" 01:30 Row Sprint 01:30 SkiErg Zone 4 — Max Distance Run @1% Incline 03:00 Run Intensity Intervals · 13 MINS Zone 1 — 01:00 Treadmill Sprint Zone 2 — 01:00 Row Sprint Zone 3 — 01:00 DB Racked Lunge	Main Workout · 24 MINS Zone 1 — 02:30 Run Zone 2 — Once complete, repeat until the time is up Overhand Sled Push Suspension Trainer Sled Squat Hikes Zone 3 — 02:30 SkiErg Zone 4 — Every 25m, Perform 5 Kettlebell Deadlifts KB Farmer's Carry KB Deadlift How to Close A Race · 15 MINS #1 — DB Split Squats Partner 1 — #2 For remaining time Run #3 — Wallballs Partner 2 TIMER Finisher · 2 MINS #1 — DB Push Press	Core Strength · 7 MINS #1 — High Side Plank Hip Raises Partner 1 TIMER #2 — Russian KB Swings Partner 2 — Zone Strength Work · 26 MINS Zone 1 — Partner Workout DB Walking Lunges Partner 1 TIMER DB Deadlifts Rest Partner 2 — Zone 2 Upper Body AMRAP: Add 4 reps each round on the pushups DB 1 Arm Row DB 1 Arm Push Press Pushups Finisher · 8 MINS #1 — DB Thrusters Partner 1 TIMER #2 — Burpees Chest to Floor Partner 2 — #3 Rest	In pairs 4 Rounds for time 500m Ski 400m Run 30m Zancadas 400m Run 500m Row 400m Run 50 Wallball 400m Run 30m Burpee broadjump 400m Run	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	HYROX Endurance	HYROX365 Engine	HYROX365 Complete	HYROX365 Power	HYROX PARTNER COMP. PREP	

PHOENIX HEALTH

SALAS BOUTIQUE

FUNCIONAL HEALTH

PHOENIX <i>Contingua</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
 PHOENIX BOX PHOENIXBOX.ES	FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 one leg GLUTE BRIDGE DB each leg -rest 1'- 20m Monster walk (en los tobillos) -rest 2'- B. METCON 10 Rounds for time: 10 Inch worm 10 DB reverse lunge	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 STRICT PRESS -rest 1'- 50" Superman box leg raises alt. -rest 2'- B. METCON 3x EMOM 4: MAX Push Press 8 to 12 Bar Facing Burpees Rest 3'- b/EMOM	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds: 6 KB sumo DL 50" Plank Hold B. 5 Rounds: 12 DB bench press Max Diamond push up C. HIIT MACHINES Amrap 16' in pairs "I go you go" - 12 Bike cal - 16 Goblet squat *partner wait at plank hold	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 PULL UP -rest 1'- 12 KB Gorilla Row -rest 2'- B. METCON 5 Rounds for time: 15 cal Row/5ki 10 Devil Press 5 Burpee Box Step Up	FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 4 BACK SQUAT -rest 1'- 40" Hollow hold -rest 2'- B. METCON Amrap 14' 10 Thrusters 20 Sit Ups 10 Cal AB	TRABAJO ACCESORIO RODILLA/TRACCIÓN A. 5 Rounds: 10 deadlift 40" banded face hold B. 5 Rounds: 20 Deficit Ring Rows 30" Press Pallof each side C. HIIT DB's 3x EMOM 4'/2' REST 10 Ring Row 15 DB Hang C&J (R) 10 Ring Row 15 DB Hang C&J (L)

FUNCIONAL BASIC STRENGTH

PHOENIX <i>Contingua</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
 PHOENIX ACADEMY	TREN INFERIOR A1. EMOM 8' - Wallsit hold - Press pallof en zancada (polea) A2. 4 sets x 8 reps - 4seg exc. Ktlb front rack squat - Slider side deadlift REST b/s: 1'30" - 2' A2. 4 sets x 10 reps - Ktlbl deadlift - ISO glute bridge con bandas (30") REST b/s: 1'30" TABATA: - lunges - shoulder taps	TREN SUPERIOR A1. 4 sets (4' ronda) - Landmine press contralateral (posición caballero retenemos bajada 3 seg) (6 each arm) - 6 Hands off push ups con bajada controlada REST b/s: 1'30" A2. 4 ROUNDS - 4 seg Exc. ring rows (8 reps) - Remo unilateral DB (10 each arm) REST b/s: 1'-1'30" EMOM 12"/(40"-20") - Plancha lateral dreh - Plancha lateral izq - Biceps en polea	FULL BODY A1. 4 sets x 10 reps - Seated db strict press - 1 arm ktlbl swing REST b/s: 1'30" A2. 4 sets x 10 reps - Smith machine squat - Farmer carry 20m REST b/s: 1' A3. 5 ROUNDS - 12 Elevaciones laterales - 12 Sentados tracciones en polea máxima rotación (6 x lado) - 12 Disc good mornings	TREN INFERIOR A1. 4 sets x 10 reps - Ktlb rack split squat - Subidas a cajón REST b/s: 1' A2. 4 sets x 10 reps - Peso muerto asimétrico con ktlb - Standing banded hip flexor ISO REST b/s: 1'30" A3. 4 rondas (3' each) - Goblet squat 10 - Plank hold 40" - Empujar trineo 20m	TREN SUPERIOR A1. 4 sets x 10 reps - Australian pull up - Dead bug con disco REST b/s: 1' A2. 4 sets x 10 reps - Gorilla row alt. - Face pull en polea REST b/s: 1' A3. 3-4 sets 10-15 reps - DB chest press 1-1-2 (15 reps) - Push press (10 reps)	FULL BODY A1. 4 sets x 10 reps - Wallsit hold 40" - Rack unilateral march (10 x lado) REST b/s: 1' A2. 4 sets x 10 reps - Lat pull down en polea - Pallof rotation en polea (5 x lado) B. 5 Rondas - 12 Biceps curl - 12 zancadas con slider - 12 extensiones de triceps en polea

PHOENIX FOOTBALL PERFORMANCE

PROGRAMACIÓN/HORARIOS (FÚTBOL PREP.) PHOENIX LEGENDS

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
	10.30 PRO 17.00h Infantil 17.00h Juvenil 18.00h F7 18.00h Infantil 19.00h Cadete 19.00h Cadete	17.00h Infantil 17.00h F7 18.00h Infantil 18.00h Cadete 19.00h PRO 19.00h Infantil	10.30 PRO 17.00h Infantil 17.00h Infantil 18.00h F7 18.00h Cadete 19.00h PRO 19.00h Libre	17.00h Cadete 17.00h Libre 18.00h Infantil 18.00h F7 19.00h Infantil 19.00h PORTEROS	16.30h Fútbol biki 16.30h Infantil 17.30h Infantil 17.30h Cadete	TRACCIÓN + CADERA BLOQUE C: Tracción+core - 8 Chin ups - 30"X2 SB Side Plank BLOQUE D: Tracción (1)+core - 10TRX one arm row - 10X2 KB Circles BLOQUE G: Cadera+ iso - 15 Med Ball Heel Kicks - 10 Isometric Ball Taps BLOQUE H: Cadera (1) + plio - 10X2 1 Down 2 Up Ladmire RDL - 10 saltos verticales barra hex

PHOENIX SYSTEM

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 9x3@AHAFa -Rest 2' B/sets-	A. STRICT PULL UP 9x3@AHAFa -Rest 2' B/sets-	A. BACK SQUAT 9x3@AHAFa -Rest 2' B/sets-	A. STRICT PRESS 9x3@AHAFa -Rest 2' B/sets-	A. DEFICIT PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A.4 Rounds 300m Bike Eng 12 Deadlifts @ 100/70 12 cal Assault Bike 15 Toes to Bar
	B. 1:1:2 INCLINE DB BENCH 4x10(L+R+2) @ AHAFa -Rest 2' B/sets-	B. BENT OVER BARBELL ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 9x3@AHAFa -Rest 2' B/sets-	B. BOTTOM UP SINGLE ARM STANDING KB PRESS 4x10 (EACH SIDE) -Rest 1' B/sets-	B. RING ROW-ELEVATED FEET 5x10 @ AHAFa -Rest 2' B/sets-	B. CORE FINISHER
	C. DOUBLE DB BENCH PRESS 1+1/2 4x10@AHAFa -Rest 2' B/sets-	C. LAT PULDOWN 4x10 @ AHAFa -Rest 2' B/sets-	C. BACK RACKED BARBELL BOX STEP UPS 4x10@AHAFa(EACH LEG) rest as needed	C. PLATE FRONT RAISE 4x10 -Rest 2' B/sets-	C. TRICEP DIPS 4x10 -Rest as needed-	4 sets: 15 GHD Sit ups 15m Single DB Overhead Carry (Left- as heavy as possible) 30yd Single DB Overhead Carry (Right – as heavy as possible) 10 Ab wheels 30yd Single DB Overhead Carry (Left- as heavy as possible) 30yd Single DB Overhead Carry (Right – as heavy as possible) :45 sec Face up Chinese Plank 15m Single DB Overhead Carry (Left- as heavy as possible) 15m Single DB Overhead Carry (Right – as heavy as possible)
	D. INCLINE DB CHEST FLY 4x12 -Rest as needed-	D. DOUBLE DB PRONE ROW 4x10 -Rest as needed-	D. GHD NORDIC HARMSTRING CURL 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-	D. DB SPIDER CURLS 4x10@ AHAFa -Rest as needed-	*Rest 2:00 b/t sets
	E. DB SPIDER CURL 4x10 (EACH SIDE) -Rest as needed-	E. STANDING TRICEP EXTENSION W/BAND 4x10 -Rest as needed-	E. BAND PULL THROUGH 4x10@AHAFa rest as needed	E. SPLIT STANCE DB ROMANIAN DL 4x8 (EACH SIDE) -Rest 2' B/sets-	E. INVERTED SKULL CRUSHERS 4x10 -Rest as needed-	
	F. STANDING ALT. DB CURL 4x10 reps (EACH SIDE) - Rest as needed-	F. SEATED TRICEP DB FRENCH PRESS 4x12 -Rest as needed-	F. SEATED DB CALF RAISE 4x15-20 rest as needed	F. SINGLE LEG DB HIP THRUST 4x10 reps - Rest as needed-	F. INCLINE DB HAMMER CURLS 4x10 -Rest as needed-	