681196435
INFO@PHOENIXBOX.ES

PROGRAMACIÓN OCTUBRE 2025

SEMANA DEL 6 AL 12

ESPECIALIDADES PHOENIX

CROSSFIT

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
CrossFit PTB	WEIGHTLIFTING Snatch A.Every 75" X 10 Rounds 2 Power snatch T&G (first rep 2" pause) B. For time 10-9-8-7-6-5-4-3-2-1 Power Snatch @60/40 kg Shuttle run(7,5m ida y vuelta)	GYMNASTICS A. HSW (For Quality) in 15´: Acumulate 150 seg Hand Stand Hold (Free,Wall,Shoulder Taps..) *Every Break 50 D.U/Crossovers B. 3 Rounds for time: 20 Row/Bike cal. 4 HSW(7,5m)/7 wallwalk 20 DB Snatch@25/17,5kg 4 HSW (7,5m)/7wallwalk	STRENGTH BACK RACK LUNGES A. 5 Rounds of 12 back rack barbell reverse lunge 10m monstenr walk each side (banda en pies) B. Amrap 12´ 2,4,6,8,10..... Box step overx2@22.5/15 Every Round: 10 TTB	BENCHMARK WOD "Light Linda" For Time 24-21-18-15-12-9-6-3 reps of: Deadlifts (Bodyweight) Bench Presses (3/4 Bodyweight) Squat Cleans (1/2 Bodyweight)	ENDURANCE A1.5 Rounds (Every 2´) 200m Run Max Burpees over the KB -rest 4´- A2. 5 rounds (Every 2´) 15 Bike Erg Cal Max. D.U. -rest 4´- A3. 5 rounds (Every 2´) 15 Ski cal Max KB swing@24/16kg -rest 4´-	BY PAIRS For Time 60 Cal Ski 30 Pull Up syncro 60 Shoulder-to-Overheads (50/35kg) 30 Bar Facing Burpees syncro 60 Overhead Squats 30 Bar Facing Burpees syncro 60 Shoulder-to-Overheads (50/35kg) 30 Pull Up syncro 60 Cal Ski

ENDURANCE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6 Rounds every 5´ 400m Run 10 V-ups 10 Burpees 10 Air squat *Max S.U. *SURPRISE 1000 S.U. (60 Burpees) 1001-1100 S.U. (40 Burpees) 1101-1200 S.U. (20 Burpees) 1200+ S.U. (0 Burpees)	8.30h 13.30h 19.00h	18.00h			

BARBELL & STRENGTH

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
SNATCH Barbell yoga A. 1x6 back squat 85% B. 3x3 Tirones desde hang 30-50% C. Hang snatch 2" parada en recepcion + OHS EMOM 6': 1 rep del complex 60% -2' rest EMOM 6': 1 hang squat snatch 60% D. Every 2' x 5 rondas 15 cal ski 5 hang squat snatch 60%		9.30h 18.00h			13.30h

HYBRID TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
AMRAP 18' 20 C2b Synchro 200 m run (each relays) 20 HSPU Synchro 100 m run (each relays) REST 4' AMRAP 18' 20 Wall Ball Synchro 200 m row (each) 20 MeadBall Clean Synchro 100 m row (each)			8.30h 13.30h 17.30h 18.30h 19.30h		

ENTRENAMIENTO FUNCIONAL

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX Boutique	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 HIP THRUST -rest 1´- 30" ABD banded apertures plank hold each leg -rest 2´- B. METCON 10 Rounds for time 10 double KB DL 20 mountain climbers 10 Box step up alt.	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 STRICT PRESS -rest 1´- 40m Farmer carry -rest 2´- B. METCON Amrap 16´: - 10 devil press - 500 m bike - 20 m db lunges	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds: 12 db reverse lunge 20m monstenr walk (banda en pies) B. 5 Rounds: 12 db double bench press Max V-ups C. HIIT DB´s 3x EMOM 4´/2´ REST 15 burpees 15 DB snatch (R) 15 burpees 15 DB snacth (L)	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 PULL UP -rest 1´- 30" Press pallof each side lunge pos -rest 2´- B. METCON 5 Rounds: 750m row 12 ring row 10 push ups	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 ZOMBIE SQUAT/FRONT SQUAT -rest 1´- 10 Patada isquio goma tobillo -rest 2´- B. METCON Emom 14´ 10 sandbag squat clean 40" Hollow hold	TRABAJO ACCESORIO TRACCIÓN/RODILLA A. 5 Rounds: 12 Gorilla row 60" plank hold B. 5 Rounds: 6 Bulgarian split squat each leg 10 weighted Goodmornings C. HIIT MACHINES Amrap 16´ in pairs " i go you go" - 10 cal row - 10 push up

FUNCIONAL BASIC

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX LEGENDS	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	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 SUPERIOR **A1. 4 sets (4' ronda)** - Landmine press contralateral (posición caballero retenemos bajada 3 seg) (5 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 drch - Plancha lateral izq - Biceps en polea		

FUNCIONAL BOX

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
PHOENIXBOX	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 HIP THRUST -rest 1´- 30" ABD banded apertures plank hold each leg -rest 2´- B. METCON 10 Rounds for time 10 double KB DL 20 mountain climbers 10 Box step up alt.	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 STRICT PRESS -rest 1´- 40m Farmer carry -rest 2´- B. METCON Amrap 16´: - 10 devil press - 500 m bike - 20 m db lunges		TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 PULL UP -rest 1´- 30" Press pallof each side lunge pos -rest 2´- B. METCON 5 Rounds: 750m row 12 ring row 10 push ups	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 ZOMBIE SQUAT/FRONT SQUAT -rest 1´- 10 Patada isquio goma tobillo -rest 2´- B. METCON Emom 14´ 10 sandbag squat clean 40" Hollow hold
	9,30h 17.30h 18.30h 19.30h	8,30h 13.30h 17.30h 18.30h 19.30h	9,30h	8,30h 13.30h 17.30h 18.30h 19.30h	9,30h 16.30h 17.30h 18.30h

FUNCIONAL ACADEMY

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
PHOENIX ACADEMY	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 HIP THRUST -rest 1´- 30" ABD banded apertures plank hold each leg -rest 2´- B. METCON 10 Rounds for time 10 double KB DL 10m push + pull sled (vacío) 10 Box step up alt.	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 STRICT PRESS -rest 1´- 40m SB Bearhug carry -rest 2´- B. METCON Amrap 16´: - 10 Slamball (con salto) - 15 Assault cal. - 20 m db lunges	TOTAL GYM Every 3´ for 6 rounds: - 5 Seated strict press - 10 slider cossack squat each leg 5 Rounds: - 12 Romanian KB DL - 16 DB seated strict press alt EMOM 14´: - 20m farmer carry - 40" inverted bossu plank hold	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 PULL UP -rest 1´- 30" Press pallof each side lunge pos -rest 2´- B. METCON 5 Rounds: 14 shuttle run (2x7,5m) 12 ring row 10 push ups	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 8 ZOMBIE SQUAT/FRONT SQUAT -rest 1´- 10 Patada isquio goma tobillo -rest 2´- B. METCON Emom 14´ 10 SB clean 40" Hollow hold (GHD)
	7.00h	7.00h	17.30h 18.30h 19.30h	7.00h	7.00h

GIMNASTICOS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
BUTTERFLY Movimiento gimnástico avanzado Recomendado para aquellas personas que dominan el Kipping: - Mínimo 2/3 dominadas estricatas con peso corporal - Mínimo 2/3 CTB con kipping				9.30h 18.00h	

BOXEO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Para realizar esta actividad es necesario tener tarifa boutique o ser superior a tarifa 4	**18.00h**		18.00h		

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
PHOENIX SYSTEM	A. BENCH PRESS 4x10@AHAFA -Rest 2´B/sets- B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAFA -Rest 2´ B/sets- C. Alt. incline DB BENCH PRESS 4x10@AHAFA -Rest 2´ B/sets- D. INCLINE BENCH DB CHEST FLY 4x12 -Rest as needed- E. DB SPIDER CURL 4x10 -Rest as needed- F. BARBELL DRAG CURL 4x10 reps - Rest as needed-	A. STRICT PULL UP 4x10@AHAFA -Rest 2´B/sets- B. DOUBLE DB INCLINE ROW 4x10 -Rest 2´ B/sets- C. SINGLE ARM LAT PULL DOWN 4x10 @ AHAFA -Rest 2´ B/sets- D. SEATED SINGLE ARM CABLE ROW 4x10 -Rest as needed- E. BARBELL SKULL CRUSHER 4x10 -Rest as needed- F. SEATED TRICEP DBB FRENCH PRESS 4x12 -Rest as needed-	A. BACK SQUAT 4x10@AHAFA -Rest 2´B/sets- B. DEADLIFT 7x6@AHAFA -Rest 2´B/sets- C. BARBELL FRONT SQUAT 1+1/2 REPS 4x8@AHAFA rest as needed D. BARBELL ROMANIAN DEADLIFT 4x10 rest as needed E. BAND PULL THROUGH 4x10@AHAFA rest as needed F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed	REST	A. STRICT PRESS 4x10@AHAFA -Rest 2´B/sets- B. SEATED ARNOLD PRESS 4x10 -Rest 2´ B/sets- C. STANDING DB LATERAL RAISE 4x10 -Rest 2´ B/sets- D. GHD HIP EXTENSION 4x10 -Rest 2´ B/sets- E. RUSSIAN KB SWING 4x10 -Rest 2´ B/sets- F. REAR FOOT ELEVATED DB SPLIT SQUAT 4x10 reps - Rest as needed-	A. DIAMOND PUHSUPS 5x10 -Rest 1´ B/sets- B. CHIN UPS 5x10 @ AHAFA -Rest 2´ B/sets- C. RING DIPS 4x10 -Rest as needed- D. SEATED ATL. DB HAMMER CURL 4x10@ AHAFA -Rest as needed- E. DOUBLE DB SKULL CRUSHERS 4x10 -Rest as needed- F. STANDING ALT DB CURL + SINGLE DB DOUBLE HEAD CURL 4x10 -Rest as needed-	ONLY FOR THE LEGENDS..... A. For max cal 5 min Ski 3 min Row 1 min Assault Bike -rest 2´- 5 min Row 3 min Assault Bike 1 min Ski -rest 2´- 5 min Assault Bike 3 min Ski 1 min Row B. 5 Sets (New set every 4 minutes) 12 Pullups 12 DB Bench (2x 70/50) Max Bike Erg Calories in Remaining Time C. CORE FINISHER 4 sets: 10 Single Arm KB Situps (Left) 10 Single Arm KB Situps (Right) 10 Dip Support Leg Raise 10 Landmine Windmills (each side) 15 sec hollow hold 30 yd Isolateral DB Farmers Carry (left) 30 yd Isolateral DB Farmers Carry (right) *Rest 2:00 b/t sets