



PROGRAMACIÓN SEPTIEMBRE 2026

SEMANA DEL 21 AL 27



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ANUNCIOS Y AVISOS

Un año más llega una de las competiciones más especiales del Box: la BATTLE FOR... 🔥

Este año, se realizará a favor de D-Espacio, una asociación sin ánimo de lucro de Pamplona formada por personas con discapacidad intelectual, sus familias y amigos.

Su objetivo es fomentar el ocio inclusivo y la convivencia, ofreciendo actividades sociales, deportivas, lúdicas y formativas que favorezcan la autonomía y la participación.

Desde el Box queremos aprovechar esta competición para dar visibilidad a la asociación y apoyar su labor, así que os animamos a participar y a disfrutar un año más de la BATTLE FOR... 🍷

👉 Solo tenéis que buscaros una pareja y escribirnos al 681 196 435 📞

¡Os esperamos!

PHOENIX PERFORMANCE

ACTIVIDADES DE PLANTA BAJA EN PHOENIX BOX

CROSSFIT

CrossFit PTB	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	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 Run (reps x 50m)	GYMNASTICS A. HSW (For Quality) in 15 '': Accumulate 150 seg Hand Stand Hold (Free,Wall,Shoulder Taps...) *Every Break 10 Barbell Good morning B. 4 Rounds for time (t.c. 24') 20 Row/Bike cal. HSW(4x7,5m) 20 Double DB Hang clean@2x(25/17,5kg) HSW (4x7,5m)	STRENGTH BACK RACK LUNGES A. 5 Rounds of 12 back rack barbell reverse lunge 10 BW Glute bridge (banda en rodilla) B. Amrap 12" 2,4,6,8,10..... DB Box step over x (2@22.5/15) 10 TTB	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'-	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)	BY PAIRS For Time: 1200m Run 30 Pull Up synchro 60 Shoulder-to-Overheads (50/35kg) 30 Bar Facing Burpees synchro 60 Overhead Squats (50/35kg) 30 Bar Facing Burpees synchro 60 Shoulder-to-Overheads (50/35kg) 30 Pull Up synchro 1200m Run	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION	CROSSFIT FAMILY		
	SQUAT CLEAN A. 3 Rounds for Q: 20 DB hammer curls(10 each arm) 10 Banded weighterd hip thrust+10"top hold at last rep 30" Side Forearm Plank with Top Leg Up on Bench B. 4 Rounds of: 4 Muscle cleans+6 F.S. tempo (3030)@30%+ 10 Double seated floor DB strict press C. IN 10"GO FOR A HEAVY COMPLEX OF: Clean pull+Power clean 90+Clean+Jerk D. Emom 9' (40" w/20"r) Max Power Clean T&G@70% of C Max. Push jerks rest at the rower -then without rest- Repeat C 2 lift to repeat your Heavy complex	SEMANA 15 – Simulación competición Técnicas: Repaso general (rápido) Fuerza: Front squat 5x3 WOD (estilo strongman medley): 4 rondas: * 20 m yoke * 20 m farmer * 3 atlas stone * descanso 1'	RING MU A. Emom 10' 20" top ring hold + 20" bottom ring hold 20 hollow rocks B. 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 Se recomienda dominar antes los Bar M.U. C. Wod Amrap 9' 1 to 3 Ring M.U (estricto con goma) 10 jumping squat 100m Run	"ODD OBJECT + ENGINE" (Regional strong feel) WOD: 4 rondas: * 200 m sandbag carry * 20 kettlebell swings * 15 burpees ----- "FINAL REGIONAL TEST" WOD: For time: * 21-15-9 * Overhead squat * Bar facing burpees -----	ADAPTED "Light Linda" For Time in pairs 24-21-18-15-12-9-6-3 reps of: KB Deadlifts synchro Clap push ups in pairs Double DB squat Cleans synchro		

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE TRACCIÓN (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Deadlift 5 Dominadas lastradas 10 Remo con mancuerna unilateral	TRABAJO DE CADERA (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Peso muerto rumano 10 Curl femoral unilat en máquina /GOMA 40" Sorensen hold	TRABAJO DE EMPUJE (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Press banca 5 Press militar de pie Max. Fondos en paralelas lastrados	TRABAJO DE RODILLA (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Back squat 5 Back squat con pausa 8 Sentadilla búlgara	TRABAJO FULLBODY (CICLO 6) A. Every 3' for 6 rounds: - 5 Bench press+max push ups - 40" wall sit hold B. 5 Rounds: - 10 KB DL one leg - 10 Double DB strict press C. EMOM 14': - 20m farmer carry - 40" fitball plank		
	B. ACCESORIO/FINISHER (20') Amrap 15' 200m Row/ski 10 Devil press alt. 20 DB Goblet squat	B. ACCESORIO/FINISHER (20') 5 Rounds for time: 20m Farmer carry 20 Double kb DL 10 Burpees	B. ACCESORIO/FINISHER (20') EMOM 20' 10 Bulgarian split squat (LJ)@AHAFA 15 DB Bench Press (LJ)@AHAFA 10 Bulgarian split squat (R)@AHAFA 15 DB Bench Press (R)@AHAFA	B. ACCESORIO/FINISHER (20') Amrap 14' in pairs 300m Run 20 Double DB GTOH synchro 10 Burpees synchro			

HYROX & HYBRID PROGRAM

LUGAR	HYROX365 Foundational	HYROX Endurance	HYROX365 Engine	HYROX365 Complete	HYROX365 Power	HYROX PARTNER COMP. PREP	
	Main Workout 40 MINS Zone 1 #1A 20x Alt Bench Stepoever 10x Jump Squats #1B 00:45 RowErg @ RPE 8 00:15 Rest 00:45 RowErg @ RPE 8 Zone 2 #2A 20x DB Reverse Lunges Max reps Pushups #2B 00:45 SkiErg @ RPE 8 00:15 Rest 00:45 SkiErg @ RPE 8 Zone 3 #3A 10x KB Deadlifts to High Pull 10x Power up #3B Max m Run	A. Running sets (t.c. 40') 3000m RUN Then without rest, 3 Rounds For time 20 Cal 20 Medball sit ups 20 Burpees 80 Mountain climbers	Output Training 42 MINS Zone 1 Max m RowErg @ RPE 8 Zone 2 Couplet 5x DB Squat thrust 10x DB Push Press Zone 3 Max m SkiErg @ RPE 8 Zone 4 Couplet 30m KB Farmer's Carry 10m Burpee Broad Jumps	Compromised Zones 40 MINS Zone 1 02:15 Run 02:15 Sandbag Walking Lunges Zone 2 02:15 RowErg 02:15 DB Clusters Zone 3 Ski for 2:15, Couplet for 2:15 02:15 SkiErg 12x Knee Tuck Push-ups 8x KB Goblet Kneel To Stand Zone 4 02:15 Run 02:15 Wallballs	Core and Leg Power 20 MINS Partner Core Workout Partner 1 20x DB Discus 10 reps each side 10x DB Pull Throughts Partner 2 SkiErg @ RPE 7 Until Partner 1 finishes Partner Sleds Partner 1 15-20m Underhand Sled Push Partner 2 Rest Until Partner 1 finishes Traditional Strength 22 MINS Zone 1 Couplet 15x Dual KB Deadlift 10x Dual KB Rack squat 00:30 Rest Zone 2 5 sets of 9x DB OH Strict Press 00:20 Rest 5 sets of 9x DB Bent Over Rows 00:20 Rest	In pairs Amrap 40' 500m Run together 50m Farmer carry 500m Run together 50m Sled pull 500m Run together 50 wallball 500m Run together 50m Lunges	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>Design</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
 PHOENIX BOX PHOENIXBOX.ES	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 BACK SQUAT 60" wall sit B. FINISHER 8 Rounds for time in pairs relay: 5 Assault cal. only legs 10 Goblet squat 15 Sit ups	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 HIP THRUST 40" side plank + hip flex each side B. FINISHER For Time: 500-400-300-200-100m row 10-20-30-40 deadlift	TRABAJO ACCESORIO RODILLA/CADERA A. 5 Rounds: 10 Back rack lunges 40" banded hollow B. 5 Rounds: 8 banded glute bridge 4/4/4 20 air squat (sin ext - flex 90°) 20 m monster walk C. HIIT DB's C. HIIT DB's Amrap 9" "you go i go" for max rounds of: 12 DB snatch alt 9 DB squat 6 Burpees over the DB	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 STRICT PRESS 50" shoulder tap B. FINISHER Amrap 12': - 20 cal ski - 12 push press - 16 v-ups	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR QUALITY 5 Rounds: 6 STRICT PULL UP 20 banded face pull B. FINISHER: 5 Rounds For time: 16 db hang c&j 10 ring row 8 burpee	TRABAJO ACCESORIO EMPUJE/TRACCIÓN A. 5 Rounds: 12 db bench press 10 db skull crush 8 Unilat banded db press B. 5 Rounds: 10 db row 10 bar curl 5 excentric pull up C. HIIT MACHINES EM2M x 6R (for max cal/ reps each) -Stair machine (6) -10 KB SDHP + 10 Ring row -SKI cal

FUNCIONAL BASIC STRENGTH

PHOENIX <i>Design</i>	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	SÁBADO
 PHOENIX ACADEMY	TREN SUPERIOR A. 4 sets -10 Barbell Bench press - 8 hands off push up (bajo en 4") REST b/s: 2' B. 3 sets - 10 Seated DB strict press - 10 Half kneeling landmine press REST b/s: 1'30"-2' C. 3 sets - 8 inch worm - 10 DB zancada + empuje - 30" Press pallot pasos laterales REST b/s: 1'30" * Si sobra tiempo: D. 2 sets - 10 fscapull polea - 40" Up-down plank REST b/s: 1'	TREN INFERIOR A. 4 sets -10 BB Back box squat - Single leg squat REST b/s: 2' B. 3 sets - 10 Ktibl split squat - 20" Copenhaguen plank REST b/s: 1'30"-2' C. 3 sets - 10 abrir cerrar en puente glúteo + 10 subir y bajar - 10 walking lunges - 20m 1 Ktibl farmer carry REST b/s: 1'30" * Si sobra tiempo: D. 2-3 sets - 40" wallsit hold despegando pies alt. REST b/s: 1'	FULL BODY A1. 4 sets -10 DB Hang snatch - 10 reps 1 leg RDL REST b/s: 2' A2. 3 sets - 10 heavy ktibl swing - 40"pass through plank REST b/s: 1'30"-2' A3. 3 sets - 10 Australian pull ups - 10 DB strict press sentados - 10 unil. pulldown en polea REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - Lanzamiento de balón vertical. - Triceps ext. REST b/s: 1'	TREN SUPERIOR A1. 4 sets -10 Chin ups (5/30"/5) - B stance RDL (4" bajada-2"abajo) REST b/s: 2' A2. 3 sets - 10 barbell row - 10 Remos en polea unil. a la vez (hago una media sentadilla y al subir me quedo a una pierna y tracciono con las dos a la vez). REST b/s: 1'30"-2' A3. 3 sets - 10 push press - 20 in front touch cuadrupedia plank - 10 Inclined biceps curls REST b/s: 1'30" * Si sobra tiempo: B. 2 sets - 10 elevaciones laterales - 40" High plank scapular retrac. REST b/s: 1'	TREN INFERIOR A1. 4 sets -10 Landmine DL - B stance RDL (4" bajada-2"abajo) REST b/s: 2' A2. 3 sets - 10 Heavy DB box/bench glute bridge - 10 monster walk REST b/s: 1'30"-2' A3. 3 sets - 10 zancadas con slider - 20" ISO hip flexor deadbug - 10 Unilateral DB glute bridge REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 patadas de glúteo REST b/s: 1'	FULL BODY A1. 4 sets -10 front rack ktibl squat - 20 slow mountain climbers REST b/s: 2' A2. 3 sets - 10 jalón al pecho - 10 burpees/inch worm REST b/s: 1'30"-2' A3. 3 sets - 6-10 Push ups - 6 core rotacional - 10 DB box step up REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 remos TRX - 10 Triceps ext. polea REST b/s: 1'

PHOENIX FOOTBALL PERFORMANCE

PROGRAMACIÓN/HORARIOS (FÚTBOL PREP.) PHOENIX LEGENDS

LUGAR	LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES	EMPUJE + RODILLA
	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 - 10 Remo en barra agarre estrecho - 20"X2 MB Bird Dogs Holds BLOQUE D: Tracción (1)+core - 10X2 Remo unilateral con mancuerna - 10 BB Rollouts BLOQUE G: Cadera+ iso - 6 Hip Trust - 20"X2 Hamstring hold iso BLOQUE H: Cadera (1) + plio - 10X2 Hamstring Kick Outs - 20" Prone SB Tantrums EMOM 12 MIN (30" WORK/ 30" REST) Push up Farmer carry 20m Sprint

PHOENIX SYSTEM

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x10@AHAF -Rest 2' B/sets-	A. STRICT PULL UP 4x10@AHAF -Rest 2' B/sets-	A. BACK SQUAT 4x10@AHAF -Rest 2' B/sets-	A. STRICT PRESS 4x10@AHAF -Rest 2' B/sets-	A. DIAMOND PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A. 10 sets Every 3 minutes: 200/175m Ski 6 Burpee Box Jump Overs (24/20)
	B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAF -Rest 2' B/sets-	B. DOUBLE DB INCLINE ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 7x6@AHAF -Rest 2' B/sets-	B. SEATED ARNOLD PRESS 4x10 -Rest 2' B/sets-	B. CHIN UPS 5x10 @ AHAF -Rest 2' B/sets-	
	C. Alt. incline DB BENCH PRESS 4x10@AHAF -Rest 2' B/sets-	C. SINGLE ARM LAT PULL DOWN 4x10 @ AHAF -Rest 2' B/sets-	C. BARBELL FRONT SQUAT 1+1/2 REPS 4x8@AHAF rest as needed	C. STANDING DB LATERAL RAISE 4x10 -Rest 2' B/sets-	C. RING DIPS 4x10 -Rest as needed-	B. CORE FINISHER 4 sets:
	D. INCLINE BENCH DB CHEST FLY 4x12 -Rest as needed-	D. SEATED SINGLE ARM CABLE ROW 4x10 -Rest as needed-	D. BARBELL ROMANIAN DEADLIFT 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 2' B/sets-	D. SEATED ATL DB HAMMER CURL 4x10@ AHAF -Rest as needed-	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)
	E. DB SPIDER CURL 4x10 -Rest as needed-	E. BARBELL SKULL CRUSHER 4x10 -Rest as needed-	E. BAND PULL THROUGH 4x10@AHAF rest as needed	E. RUSSIAN KB SWING 4x10 -Rest 2' B/sets-	E. DOUBLE DB SKULL CRUSHERS 4x10 -Rest as needed-	*Rest 2:00 b/t sets
	F. BARBELL DRAG CURL 4x10 reps -Rest as needed-	F. SEATED TRICEP DBB FRENCH PRESS 4x12 -Rest as needed-	F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed	F. REAR FOOT ELEVATED DB SPLIT SQUAT 4x10 reps - Rest as needed-	F. STANDING ALT DB CURL + SINGLE DB DOUBLE HEAD CURL 4x10 -Rest as needed-	