PROGRAMACIÓN SEPTIEMBRE 2025

SEMANA DEL 15 AL 21

PHOENIXBOX

PHOENIXBOX.ES

CrossFit PTB

PHOENIX Boutique

CROSSFIT

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	GYMNASTICS RING DIPS A1. 10´ to reach a heavy 3 A2. Emom 8´ 1) Max strict ring dips 2) 12 to 22 Bike erg cal. A3. Amrap 12´ 12 kipping ring dips 6 burpee pull up 12 Heavy double DB Front squat	STRENGHT DEADLIFT 20´ To reach a H1 B. For time (tc 20´) 21/15/9/15/21 Strict HSPU SDLHP with ktb@24/16 kg *40 alt lunges after each round (sin peso)	ENDURANCE A. EMOM 6´ 200m Run Max air squats -no rest- EMOM 6´ 200m Run Max mountain climbers -no rest- EMOM 6´ 200m Run Max D.U. B.Partner WOD "you go i go" 6 Rounds each 200m Ski 12 wallball 12 Ktb swing@24/16kg	WEIGHTLIFTING POWER C&J A.8 Rounds every 75´´: 1 power clean + 2 push jerks B.Emom 8´ 6 to 8 bf burpees + 1 power clean@70%+ C.3x5´work 300m Run 10 Power Clean&Jerk@80/60 20 CTB	BENCHMARK DAY VADER (modified) 5 Rounds for Time (TC 20´) 24 calorie Row 21 Wall Ball Shots 15 Dumbbell Snatches (25/17,5 kg) 8 Burpees Over the Db	BY PAIRS: 120 Deadlifts@50/35kg Then, 6 rounds of: 4 Rope Climbs 15 Thrusters@50/35 20 Ttb Then, 800 meter Run Together	

ENTRENAMIENTO FUNCIONAL

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR QUALITY 5 Rounds: 10 BACK SQUAT 40" fitball plank B. FINISHER 3 rounds alt A1/A2 AMRAP 2´: - 10 db reverse lunge alt. - 20 mountain climbers rest 90" AMRAP 2´: - 10 db goodmorning - 5 Burpees	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR QUALITY 5 Rounds: 6 hip thrust 30" banded holllow B. FINISHER Amrap 15: 20 ktb swing 16 step up over 8 Row cal.	TRABAJO ACCESORIO RODILLA/CADERA A. 5 Rounds: 10 Box squat 20 step up 12 Bulgarial split squat B. 5 Rounds: 12 dl RDL 10 step down 4" excentric 6 banded glute bridge C. HIIT MACHINES E2MOM x 9rounds For max cal Stair machine Assault cal Ski cal *Objetivo 240cal./castigo 1 burpee por cada rep no conseguida a final del entrenamiento	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20´) A1. 5 Rounds: 10 STRICT PRESS 40 " pallof press B. FINISHER For time: 120 bench press 40/20kg Every you break 15 cal ski*	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20´) A. 5 Rounds: 10 STRICT PULL UP 20m ovh famrer carry B. FINISHER 5 Rounds for time: - 15 australian pull up - 10 db thruster - 400 m bike	TRABAJO ACCESORIO EMPUJE/TRACCIÓN A. 5 Rounds: 15 push up 20 banded face pull 10 bottom ktb press each B. 5 Rounds: 10 pull up 20 banded row 12 db row bird dog pos C. HIIT DB´s Emom 12´ 10 Hang C&J alt + max air squats 10 Goblet reverse lunges alt + max push ups rest resultado (air squats+push ups)	

ESPECIALIDADES PHOENIX

FUNCIONAL BOX

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR QUALITY 5 Rounds: 10 BACK SQUAT 40" fitball plank B. FINISHER 3 rounds alt A1/A2 AMRAP 2´: - 10 db reverse lunge alt. - 20 mountain climbers rest 90" AMRAP 2´: - 10 db goodmorning - 5 Burpees	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR QUALITY 5 Rounds: 6 hip thrust 30" banded holllow B. FINISHER Amrap 15: 20 ktb swing 16 step up over 8 Row cal.	TRABAJO ACCESORIO RODILLA/CADERA A. 5 Rounds: 10 Box squat 20 step up 12 Bulgarial split squat B. 5 Rounds: 12 dl RDL 10 step down 4" excentric 6 banded glute bridge C. HIIT MACHINES E2MOM x 9rounds For max cal Stair machine Assault cal Ski cal *Objetivo 240cal./castigo 1 burpee por cada rep no conseguida a final del entrenamiento	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20´) A1. 5 Rounds: 10 STRICT PRESS 40 " pallof press B. FINISHER For time: 120 bench press 40/20kg Every you break 15 cal ski*	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20´) A. 5 Rounds: 10 STRICT PULL UP 20m ovh famrer carry B. FINISHER 5 Rounds for time: - 15 australian pull up - 10 db thruster - 400 m bike		
	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

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR QUALITY 5 Rounds: 10 BACK SQUAT 40" fitball plank B. FINISHER 3 rounds alt A1/A2 AMRAP 2´: - 10 db reverse lunge alt. - 20 mountain climbers rest 90" AMRAP 2´: - 10 db goodmorning - 5 Burpees	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR QUALITY 5 Rounds: 6 hip thrust 30" banded holllow B. FINISHER Amrap 15: 20 ktb swing 16 step up over 8 Assasult cal.	TOTAL GYM Every 3´ for 6 rounds: - 5 Bench press+max push ups - 40"wall sit hold 5 Rounds: - 10 KB DL one leg - 10 Double DB strict press EMOM 14´: - 20m farmer carry - 40" fitball plank	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20´) A1. 5 Rounds: 10 STRICT PRESS 40 " pallof press B. FINISHER For time: 120 bench press 40/20kg Every you break 15 cal ski*	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20´) A. 5 Rounds: 10 STRICT PULL UP 20m ovh famrer carry B. FINISHER 5 Rounds for time: - 15 australian pull up - 10 db thruster - 40 m sled push		
	7.00h	7.00h	17.30h 18.30h 19.30h	7.00h	7.00h		

BARBELL & STRENGTH

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
HANG SNATCH A. 3 Rounds 10 Standing double lateral raise plate 10 Ring dips 5 Snatch balance B. - Ev 20´´ x 8 roondas : 1 Hang squat snatch (30-40%) - Ev 30 x 6 rondas: 1 hang squat snatch (50 - 60%) - Ev 45´x 4 rondas: 1 hang squat snatch (60-80%) C. 7 ´to find 1H1 hand squat snatch D. 4 x Ventanas de 4´ 10 pull up + 15 squat snatch (30% of C) 10 pull up + 10 snatch (50% of c) 10 pull up + 6 snatch (70% of c) 10 pull up + 4 snatch (90% of c)		9.30h 18.00h			**13.30h**		

HYBRID TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
EMOM 12': 15 ROW CAL 10 BURPEES TT 1 ROPE CLIMB AMRAP 25´: 800 m run together 20 m farmer carry each 20 jumping lunges each 800 m row a repartir			8.30h 13.30h 17.30h 18.30h 19.30h				

GIMNASTICOS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
HSW Movimiento gimnástico avanzado Recomendado para aquellas personas que dominen las HSPU				9.30h 18.00h			

ENDURANCE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		
* 3 Rounds of : Amrap 3´: - 12 db snatch - 10 burpee rest 90"" Amrap 3´: - 12 cal row - 10 burpee over row rest 90"" Amrap 3´: - 12 db push pree - 10 burpee over the box rest 90""	8.30h 13.30h 19.00h	18.00h					

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	A. BENCH PRESS 4x4@AHAFA -Rest 2´B/sets- B. DOUBLE DB BENCH PRESS 4x10 @ AHAFA -Rest 2´ B/sets- C. DOUBLE DB incline BENCH PRESS 4x10@AHAFA -Rest 2´ B/sets- D. DOUBLE BAND CHEST FLY 4x12 -Rest as needed- E. STANDING ALT DB CURL 4x10 -Rest as needed- F. BARBELL CURL 21´s 4x21 reps - Rest as needed-	A. STRICT PULL UP 4x4@AHAFA -Rest 2´B/sets- B. BENT OVER BARBELL ROW 4x10 -Rest 2´ B/sets- C. LAT PULL DOWN 4x10 @ AHAFA -Rest 2´ B/sets- D. SEATED NEUTRAL GRIP ROW 4x10 -Rest as needed- E. DOUBLE DB SKULL CRUSHER 4x10 -Rest as needed- F. SINGLE ARM STANDING TRICEP BANDED EXTENSION 4x12 -Rest as needed-	A. BACK SQUAT 4x4@AHAFA -Rest 2´B/sets- B. DEADLIFT 4x4@AHAFA -Rest 2´B/sets- C. SPANISH SQUAT 4x10@AHAFA rest as needed D. ELEVATED TOE DOUBLE DB ROMANIAN DL 4x10 rest as needed E. DB LUNGE WALKTHROUGHS 4x10@AHAFA rest as needed F. SEATED DB CALF RAISE 4x15-20 rest as needed	REST	A. STRICT PRESS 4x4@AHAFA -Rest 2´B/sets- B. STRICT HSPU 4x10 -Rest 1´ B/sets- C. PLATE FRONT RAISE 4x10 -Rest 2´ B/sets- D. GHD HIP EXTENSION 4x10 -Rest 1´ B/sets- E. BAND PULL THROUGH 4x10 -Rest 2´ B/sets- F. DEFICIT SUMO DB/KB DL 4x10 reps - Rest as needed-	A. DEFICIT PUHSUPS 5x10 -Rest 1´ B/sets- B. BODY ROW ON RACKED BARBELL 5x10 @ AHAFA -Rest 2´ B/sets- C. TRICEP DIPS 4x10 -Rest as needed- D. BARBELL DRAG CURL 4x10@ AHAFA -Rest as needed- E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed- F. INCLINE DB CURLS 4x10 -Rest as needed-	ONLY FOR THE LEGENDS..... A. 10 sets: 100m Ski 50 Double Unders 100m Ski B.Teams of 2 20 min AMRAP (Relays) 15 Wall Balls 10 Abmat Situps 1 Legless rope climb C. CORE FINISHER 4 sets: 15 Stick Sit Ups 30 Flutter Kicks (each side) 30 Heel taps (each side) 30 yd Isolateral DB Farmers Carry (left) 30 yd Isolateral DB Farmers Carry (right) *Rest 2:00 b/t sets

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				