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PROGRAMACIÓN FEBRERO 2026

SEMANA DEL 02 AL 08

ESPECIALIDADES PHOENIX

CROSSFIT

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
CrossFit PTB	GYMNASTICS Skills: A. Handstand 30 - 30 - 30s 30 - 30? - 30 hold - 30 hollow rocks - 30s hollow - 30 arch hold B. 3 rounds for time - 30 Hollow rocks around @ 0:15/1:1 Accessory work	WEIGHTLIFTING Pull Day - Set 1 of 4 @ 75 A. Muscle Pull 5 reps B. Muscle for time - 5 Strict Pull ups - 10 Ring Rows - 10 Strict HSPU C. 3 rounds AMRAP - 10 Alternating Dumbbell Bench Press - 10 Ring Dips - 10 Strict Pull ups D. Finish with 10 Ab wheel rollouts Accessory work: 50 Ab wheel rollouts	GYMNASTICS A. Muscle Pull 5 reps B. Muscle Pull 5 reps C. 3 rounds AMRAP - 10 Alternating Dumbbell Bench Press - 10 Ring Dips - 10 Strict Pull ups D. Finish with 10 Ab wheel rollouts Accessory work: 50 Ab wheel rollouts	WEIGHTLIFTING Pull Day - Set 2 of 4 @ 75 A. "Jackiff" - 5 Pull ups - Jackiff x 20 minutes - 1 Ring Row - 1 Strict HSPU - 1 Kettlebell Swing@32/24 B. Strict Muscle Ups 5x C. Barbell Rotors - 10 Transgressions - 10" Dead Hang	WEIGHTLIFTING Pull Day - Set 3 of 4 @ 75 A. Strict Muscle Ups 5x B. 3 rounds for time - 10 Strict Pull ups - 10 Strict HSPU - 10 Ring Rows - 10 Ab wheel rollouts C. 3 rounds for time - 10 Transgressions - 10" Dead Hang - 10 Ab wheel rollouts Accessory work: 50 Ab wheel rollouts	GYMNASTICS Skills: A. Handstand 30 - 30 - 30s 30 - 30? - 30 hold - 30 hollow rocks - 30s hollow - 30 arch hold B. 3 rounds for time - 30 Hollow rocks around @ 0:15/1:1 Accessory work

ENDURANCE

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIXBOX PHOENIXES 11	2 Rounds for time AMRAP 20: 200m Run 400m Sled sprint 200m Sled pull 200m Row sprint 200m Bike sprint 200m Run 400m Sled sprint 200m Sled pull 200m Row sprint 200m Bike sprint Extra: 200m Run 200m Sled sprint 200m Sled pull 200m Row sprint 200m Bike sprint 200m Run					

BARBELL & WEIGHTLIFTING

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIXBOX PHOENIXES 11		POWER CLEAN A. 3 Rounds off A. Muscle clean 1 F/L tempo (3010)@50% - 6 Hang power Cleans @ 60 B. 3x AT 50% FOR A HEAVY COMPLEX OF: - 1 Power Clean + 1 Hang Power Clean + 1 Clean - Rest 2 min b/w sets C. Accessory: 3 sets of 10 reps - Hang Power Cleans (70%@70%, 6°) - Bicep Curls - Lying Tricep Ext - Lying Ab wheel rollouts				

HYBRID

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIXBOX PHOENIXES 11			A. Strength A. 3 Rounds with rest: 10 Press Swing (70lbs) - Rest 1:00 b/w sets B. Conditioning Finish 12 5 Sprint 400m into jumping lunges with			

GIMNASTICOS

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIXBOX PHOENIXES 11				HOW Movimiento gimnástico ejecutado Recomendado para aquellas personas que dominan los POW		

SALAS BOUTIQUE

ENTRENAMIENTO FUNCIONAL

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX CANGURO	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds A MINUTE PRESS - sets 1 - 20" Hold at hold strength weighted arms - rest 2' B. METCON - 3 rounds for time in pairs - 1 per group - 1 per person - 20 Double DB push press	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds A DOUBLE UP - sets 1 - 12 Strict Pull ups - rest 2' B. METCON - 3 Rounds at 12/10 A1. Jump x 1 A2. SQUAT x10 A3. Burpees - rest 2' A1. Jump x 1 A2. Burpees x 10 A3. SQUAT x10 - 15 ring rows	TRABAJO DE CARGA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 6 Rounds A MINUTE LUNGE - sets 1 - 20" Hold at hold strength weighted arms - rest 2' B. METCON - 3 Rounds - 3 Rounds - 1 Round for time - 1 per group - 1 per person - 20 Alternating Dumbbell Lunges - 20 Ab wheel rollouts C. HIIT WALKING - 10 Min - 10 Min - 10 Min