681196435
INFO@PHOENIXBOX.ES

PROGRAMACIÓN NOVIEMBRE 2025

SEMANA DEL 17 AL 23

ESPECIALIDADES PHOENIX

CROSSFIT

CrossFit PTB	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	CHIPPER 3 rounds alt. A1/A2/A3 A1. Amrap 3´ 10 Cal Ski 10 Db snatch alt@22.5/15 -rest 2´- A2. Amrap 3´ 10 Heavy Wallball@12/9kg 10 DB devil press alt@22.5/15 -rest 2´- A3. Amrap 3´ 30 D.U. 15 Ttb -rest 2´-	GYMNASTICS PEGBOARD A. Emom 8´ (40"w/20"r) 1 to 2 Pegboard/Chin up hold 90º wall sit hold B.For time in pairs:(YOU GO ,I GO) 140 wallball 40 Ring Muscle ups 140 Cal Bike Erg *Escalado:dividir al gusto mezclando ejercicios	STRENGTH BENCH PRESS A. 8 rounds Em2m 8 DB Bench press @AHAFA + 20 to 30 Vs alt.leg B. 3 rounds for time 500m Run 20 SDHP@45/30kg 15 Push press 10 Burpee pull up	WEIGHTLIFTING SQUAT CLEAN A. Squat clean + hang squat clean Every 90" for 12 rounds 12x(1+1)@60% B. 6 rounds for time:(t.c. 20´) 20 Cal Row 10 Power clean@70/50 10 SHSPU	ENDURANCE For time HERO´S DAY "THE PAYNE TRAIN" For Time 500 meter Run 5 Rounds of Cindy* 500 meter Run 4 Rounds of Cindy* 500 meter Run 3 Rounds of Cindy* 500 meter Run 2 Rounds of Cindy* 500 meter Run 1 Round of Cindy* 500 meter Run *1 Round of Cindy consists of: 5 Pull-Ups, 10 Push-Ups, and 15 Air Squats.	BENCHMARK BY PAIRS MODIFIED JACKIE: For Time 1,000 meter Row/1000 meter Run (both work at the same time) 50 Thrusters 50/35kg Alt. 20 Bar Muscle Up SYNCRO REST 3' 20 Bar Muscle Up SYNCRO 50 Thrusters 50/35 kg Alt. 1000 meter Row/1000 meter Run (both work at the same time)

ENDURANCE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
A. Running sets (t.c. 22´) 6x500m Run (rest 1´ b/rounds) -rest 3´- Then Amrap: (TC until40´) 20 Cal Machine 15 Medball sit ups 10 BBJO 50 D.U	8.30h 13.30h 19.00h	18.00h			

BARBELL & STRENGTH

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
POWER SNATCH A.EMOM 3´ 3 Power Snatch T&G (40 to 50%) *two seconds receiving position REST 2´ B. Emom 3´ 2 Power Snatch(50 to 65%) REST2´ C.EMOM 6´ 1 Power Snatch (65% to 85%) D. By Pairs: AMRAP 12' 10/8 Cal Ski 6 Burpees O.T.B 3 COMPLEX* * 1 POWER SNTACH+1 OVERHEAD SQUAT		9.30h 18.00h			13.30h

HYBRID TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
A. BY PAIRS (5 ROUND EACH ALT.) EMOM 10´: 8 ROW CAL + MAX BOX JUMP OVER B. 3 Rounds For time: 30 BURPEES OVER THE BAR (SYNCHRO) 30 CTB (A REPARTIR) 20 THRUSTER 60/45 KG(SYNCHRO) 2x200m Run relays 10 BMU (SYNCHRO) 10 CLEAN y JERCK 90/70 (A REPARTIR)			8.30h 13.30h 17.30h 18.30h 19.30h		

ENTRENAMIENTO FUNCIONAL

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX Boutique	FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 4 HIP THRUST -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/Ski 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 deadliftt 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

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PHOENIX LEGENDS	TREN SUPERIOR **A1. 5 sets x 10 reps** - Pull ups (3/30"/3/30"/2/15"/2/15") *REST b/s: 1´30"* **A2. 4 sets x 8-10 reps** - 8 DB push press - 10 Lanzamiento vertical MB de rodillas *REST b/s: 1´ 30"* **4-5 ROUNDS** - - 10 elevacioes laterales en polea - 10 DB pull overs (tumbados en banco)	TREN INFERIOR **A1. 4 sets x 10 reps** - 2 x ktlbl deadlift - 30"- 40" Weighted wallsit *REST 1´-1´30"* **A2. 4 sets x 10 reps** - DB lunges con slider - One leg glute bridge ISO hold *REST b/s: 1´-1´30"* **A3. 4 sets x 10 reps** - - 30" Banded ISO hold Walldrill *REST b/s: 60"*		FULL BODY **A1. 4 sets** - 10 Bench press smith machine - (5-6reps) Hands off push ups *REST b/s: 1´30"* **A2. 4 sets x 10 reps** - Zancadas smith machine - Clam shell plank *REST b/s: 1´ 30"* **A3. 4-5 RONDAS** - Trineo alante-atrás - 10 DB Seated strit press - 10 DB deadlift + row		

FUNCIONAL BOX

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
PHOENIXBOX	FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 4 HIP THRUST -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 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/Ski 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
	9,30h	8,30h 13.30h	9,30h	8,30h 13.30h	9,30h

FUNCIONAL ACADEMY

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
PHOENIX ACADEMY	FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20´) A1. ALTERNATE FOR 5 to 6 Rounds 4 HIP THRUST -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	TOTAL GYM Every 3´ for 6 rounds: -12 Inclinate Bench Press -10 Strict Pull Up 5 Rounds: -20 Shoulder Front Rises/ Alt -12 Ring Row EMOM 14´: - 45" seg Plank -Jmping Lunges	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/Ski 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
	7.00h 17.30h 18.30h	7.00h 17.30h 18.30h	17.30h 18.30h	7.00h 17.30h 18.30h	7.00h 17.00h 18.00h

GIMNASTICOS

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

PHOENIX SYSTEM	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	A. BENCH PRESS 4x10@AHAFA -Rest 2´B/sets- B. BARBELL INCLINE BENCH PRESS 4x10 @ AHAFA -Rest 2´ B/sets- C. HEX PRESS 4x10@AHAFA -Rest 2´ B/sets- D. RESISTANCE BAND CHEST FLY 4x12 -Rest as needed- E. INCLINE DB HAMMER CURL 4x10 -Rest as needed- F. RING CURL 4x10 reps - Rest as needed-	A. STRICT PULL UP 4x10@AHAFA -Rest 2´B/sets- B. MEADOWS ROW 4x10 -Rest 2´ B/sets- C. REVERSE GRIP LAT PULLDOWN 4x10 @ AHAFA -Rest 2´ B/sets- D. DOUBLE DB STANDING BENT OVER ROW 4x10 /EACH ARM -Rest as needed- E. DOUBLE DB SKULL CRUSHERS 4x10 -Rest as needed- F. SINGLE ARM DB KICKBACK 4x12 -Rest as needed-	A. BACK SQUAT 4x10@AHAFA -Rest 2´B/sets- B. DEADLIFT 4x10@AHAFA -Rest 2´B/sets- C. KB BELT SQUAT 4x10@AHAFA rest as needed D. LYING DB HAMSTING CURL 4x10 rest as needed E. SINGLE LEG DB HIP THRUST 4x10@AHAFA rest as needed F. SEATED DB CALF RAISE 4x15-20 rest as needed	REST	A. STRICT PRESS 4x10@AHAFA -Rest 2´B/sets- B. DOUBLE DB Z PRESS 4x10 -Rest 1´ B/sets- C. BENT OVER LATERAL RAISES 4x10 -Rest 2´ B/sets- D. GHD HIP EXTENSION 4x10 -Rest 1´ B/sets- E. DB LUNGE WALKTHROUGHS 4x10 (EACH SIDE) -Rest 2´ B/sets- F. BAND PULL THROUGH 4x10 reps - Rest as needed-	A. TEMPO PUHSUPS 5x10 -Rest 1´ B/sets- B. CHIN UPS 5x10 @ AHAFA -Rest 2´ B/sets- C. TRICEP DIPS 4x10 -Rest as needed- D. BARBELL DRAG CURLS 4x10@ AHAFA -Rest as needed- E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed- F. SINGLE DB WAITER HOLD CURL 4x10 -Rest as needed-	ONLY FOR THE LEGENDS..... A. ENDURANCE Every 3 minutes for 3 sets: 400m Run - Rest 1 minutes – Every 3 minutes for 3 sets: 500/400m Row - rest 1 min - Every 3 minutes for 3 sets: 30/24 Cal Assault Bike B. Amrap 14´ 200m Run 10 Toes to Bar 15 OHS@40/30 C. CORE FINISHER 4 sets: 10 GHD to parallel w/plate on chest 10 Strict Hanging Leg Raise 10 Ab wheels 60 Sec Plank Hold 30 yd Isolateral DB Farmers Carry (left) 30 yd Isolateral DB Farmers Carry (right) *Rest 2:00 b/t sets