PROGRAMACIÓN SEPTIEMBRE 2025

SEMANA DEL 1 AL 7

CrossFit PTB

PHOENIXBOX
PHOENIXBOX.ES

PHOENIX Box&Gym

CROSSFIT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
MOVILIDAD For time: 10 Rounds for time (i.e. 30'): 10 Pull 10 Barbell 20 Sit-ups 10 Push Press Rest as need	CARDIO 3 Rounds, Alternate ALLO A1. Jumps 2' 1 Power Snatch@50%1RM 1 Hand Stands 10 x TB rest 2' A2. Jumps 2' 6 Front Squat 12 TTB 10 Sit-ups rest 2'	MOVILIDAD 1RM MARAT EMOM 12' Alternate 1' and 2' Max Time Rest 2' A. Jumps 10' 10 Bench Pressure@50%1RM 10 Pull-ups 10 Hand Stands Rest 10 B. Jumps 10' 100 m Run Rest 2 minutes	MOVILIDAD Rx: 10 Rounds 400 m Run 20 Sit-ups 10 Pull-ups 200 m Bike run/10 Lb plate held	FORTALEZA EMOM 16 x Odd: 3x reach a 1RM A. 5 Rounds rp tether for time: 20 DB snapper @ 2.5/1.5 kG 10 Pull-ups 20 DB clean 200 m Bike run/10 Lb plate held	FORTALEZA RUPE CLEAN A. 4 Rounds for time in pairs: 400 M Bike run/ each 4 Rope climb relay 10 Kettlebell Thrusters@40/25kg B. recovery: 5 x Burpees 5 x Sit-ups/Abdos 5 x Tricep Extensions 10 m Kenian Walk

ENTRENAMIENTO FUNCIONAL

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
TRABAJO DE FUERZA DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds: A1 BACK SQUAT rest 1' A2 Jump up hold rest 2' B. METCON Jumps 10' 10 Double db front sq 10 Burpees 10 Double db push press	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds A1 DEADLIFT rest 1' A2 Bent over hold rest 2' B. METCON 10 Kettlebell for time (lv. 30') 10 pull-up 10 sit-up 10 Ski-cal	TRABAJO ACCESORIO RODILLA/TRACCIÓN A. 5 Rounds 6 db step-up/ r press 60" wall sit B. 5 Rounds 15 Single-leg bridge 30" ea barbell row C. HOT MALCHOIRS PRIZE LV 12 Sit-ups 12 Burpees 10m Bear crap over	TRABAJO DE FUERZA DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds A1 Deep Sq 20, alt 30 s. rest 1' A2 Jump press each arm rest 2' B. METCON Jumps 10' for time: 10 DB Snatch (R) 10 Goblet sell 10 DB Snatch (L) 10 DB box step over	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds 10 BENCH PRESS rest 1' B2 Double KB Grt watch hold rest 2' B. METCON Jumps 7' 10 DB swing 10 push-up 10 Goblet squat	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds 10 good morning@barbell 60" hollow/plank hold B. 5 Rounds: 15 db floor press 10 barbell suspicial press C. HOT CRF 1 PRIZE LV 10 Sit-ups / 15 / 20 s. 60" plank hold Max DB reverse Lunges alt.

ESPECIALIDADES PHOENIX

FUNCIONAL BOX/ACADEMY

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
TRABAJO DE FUERZA DE RODILLA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds: A1 BACK SQUAT rest 1' A2 Jump up hold rest 2' B. METCON Jumps 10' 10 Double db front sq 10 Burpees 10 Double db push press	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds A1 DEADLIFT rest 1' A2 Bent over hold rest 2' B. METCON 6 Rounds for time (lv. 30') 10 pull-up 10 sit-up 10 Ski-cal	TRABAJO ACCESORIO RODILLA/TRACCIÓN A. 5 Rounds 6 db step-up/ r press 60" wall sit B. 5 Rounds: 15 Single-leg bridge 30" ea barbell row C. HOT MALCHOIRS PRIZE LV 12 Sit-ups 12 Burpees 10m Bear crap over	TRABAJO DE FUERZA DE CADERA A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds A1 Deep Sq 20, alt 30 s. rest 1' A2 Jump press each arm rest 2' B. METCON Jumps 10' for time: 10 DB Snatch (R) 10 Goblet sell 10 DB Snatch (L) 10 DB box step over	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A. ALTERNATE FOR 5 to 8 Rounds 10 BENCH PRESS rest 1' B2 Double KB Grt watch hold rest 2' B. METCON Jumps 7' 10 DB swing 10 push-up 10 Goblet squat
7:00h 9:30h 17:30h 18:30h 19:30h	7:00h 8:30h 17:00h 18:30h 19:30h	9:30h 17:00h 18:30h 19:30h	7:00h 9:30h 17:00h 17:30h 18:30h 19:30h	7:00h 9:30h 16:30h 17:30h 18:30h

ENDURANCE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
HIIT 3 Rounds alt A/A/A/B/B A1. Jumps 5' 200m. Run 20m Sprint carry 100m Bike 10 jumping lunges Rest 2' A2. Jumps 5' 200m Bike avg 20 Burpees 400m Bike avg 10 Box jumps Rest 2' A3. 3 Rounds alt 10/12 Rock out 20 DB Hang C&J alt Rest 2'	6:30h< 11:30h 14:30h	18:00h			

BARBELL & STRENGTH

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
METCON A. 3 Rounds: 10 Bench Pressing 15 Barbell deep squat 10 Barbell Shoulder presses B. Amrap 9' 1 Power snatch + CHG start at your 60% C. AC Tersonis ATB, AT 5 rounds D. For time: 10 Sumo at your 50% rest 1' 10 Sumo at your 60% rest 1' 10 Sumo at your 70% Max snatch at your 80% until 12'		9:30h 14:30h			15:30h

HYBRID TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
A. Individual conditioning 2 rounds each for time 400 m run / 200 m run 12 Kettlebell 10 Double DB Push press 20 Sit-up/Abdos 12 Burpees rp rest 2' B/rounds. B. For time in pairs: 500m run relays 400m Kettlebell Swings 100 Abdos 500m run together Partner Carry 200m/ 100 DB 100 Burpees rp/pair 500m run relays			8:30h 11:30h 17:30h 18:30h 19:30h		

GIMNASTICOS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
BUTTERFLY Movimiento gimnástico asumado Recomendado para aquellas personas que necesitan el Kipping Alternativa (1) Asistencia: anillas/ut, ver peso corporal Alternativa (2) CTB con kipping				9:30h 14:30h	

BOXEO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Para realizar otra actividad es necesario tener tarifa Boutique o ser superior a partir 8	18:00h		18:00h		

PROGRAMACIÓN DE FUERZA/BODYBUILDING

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
A. BENCH PRESS weight/reps Rest 2' B/sets B. BARBELL INCLINE BENCH PRESS Rest @ weight Rest 2' B/sets C. DIPS PRESS Rest as needed Rest 2' B/sets D. MUSCULAR BLAST - CHEST TIV rest Rest as needed E. INCLINE DB HAMMER CURL Rest Rest as needed F. PENCIL CURL Rest reps Rest as needed	A. STRICT Press 4P weight/reps Rest 2' B/sets B. MUSCULAR ROW Rest Rest 2' B/sets C. BRAHMA GRIP LAT PULLDOWN Rest as needed Rest 2' B/sets D. INCLINE DB TRIMMING BENT OVER ROW Rest BICEPS ARM Rest as needed E. SHOULDER DB CALLI/HEIRE Rest Rest as needed F. SINGLE ARM DB KICKBACK Rest Rest as needed	A. Back squat weight/reps Rest 2' B/sets B. LEG LIFT weight/reps Rest 2' B/sets C. BENT OVER LATERAL RAISES Rest Rest 2' B/sets D. SINGLE LEG DB HIP THRUST weight/reps rest as needed E. SINGLE DB CALF RAISE Rest DB rest as needed	REST	A. STRICT PRESS weight/reps Rest 2' B/sets B. DOUBLE DB 2 PRESS Rest Rest 2' B/sets C. BENT OVER RAISES Rest Rest 2' B/sets D. LYING HIP EXTENSIÓN rest Rest 2' B/sets E. DB LUNGE WALK THROUGHS Rest BICEPS ARM Rest 2' B/sets F. RADIO PULL THROUGH Rest reps Rest as needed	A. TRIPTO PUSH UPS rest Rest 2' B/sets B. CHIN UPS Rest @ weight Rest 2' B/sets C. TRICEPS DIPS Rest Rest as needed D. BARBELL SPINE CURL weight/ weight Rest as needed E. STANDING AB CRUSH GRIP FRENCH PRESS Rest Rest as needed F. SINGLE DB WASTER HOLD CURL Rest Rest as needed	REST FOR THE WEEKEND A. Accumulate 1500 2.5 Calories on Rower/Bike Erg/ Ski Erg B. 12 min AMRAP 10 Wallballs (20/14) 10 Kettlebell Swings (32/24) 10 DUB Steps C. CORE FINISHER 3 Rounds: 15 Lateral Sit-ups 30 Heel Taps (each side) 30 sec Pacefeiters / ab Roll Partner Carry (Left overhead/Right Front Rack/Rear Overhead Farmer Carry (left overhead/Left Front Rack/Rear Overhead Farmer Carry (right overhead/Left Front Rack) *Rest 2-30 b/t sets.