



PROGRAMACIÓN SEPTIEMBRE 2026

SEMANA DEL 14 AL 20



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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	
	STRENGTH A. 5 Rounds (15') 4 Bench press 20 V-ups (hollow hold start-finish) then 7' To reach a H1 BENCH PRESS B. Amrap 16: 400m Run 20 Push ups 20 CTB	ENDURANCE A. 4 x AMRAP 3' 40 D.U. 25 Sit Ups Max Air Squats - rest 1:00 between sets- B. 8 Rounds for Time 20 S.U. Crossover 8 Slamball over the Shoulder@40/30kg 20 Jumping lunges	GYMNASTICS PEGBOARD A. Emom 10' 8 Exc. strict chin up 40" wallsit hold B. Every 4' x 4 Rounds: 300 m Run 12 Power Snatch@45/30kg Max Pegboard/Strict Pull Up	WEIGHTLIFTING SQUAT CLEAN A. Every 75" x 8 Rounds: Power Clean+Front Squat+Squat clean @65 to 85% B. Amrap 12' 3-6-9-12-.... Power Clean@80/60kg SHSPU *30 D.U to start every round	CHIPPER 6 rounds for time 20 TTB 20 WALL BALL 20 Snach DB@30/22,5 20 Cal. TABATA: Lunges+wallsit Push ups+dinamic plank	"Seedy" For Time (with a Partner) 7 rounds of 'Cindy'* 2 rounds of 'DT'* @ 2DB's 6 rounds of 'Cindy'* 2 rounds of 'DT'* 5 rounds of 'Cindy' 2 rounds of 'DT' 4 rounds of 'Cindy'* 2 rounds of 'DT'* 3 rounds of 'Cindy'* 2 rounds of 'DT'* 2 rounds of 'Cindy'* 2 rounds of 'DT'* 1 round of 'Cindy'* 2 rounds of 'DT'* *1 Round of 'Cindy' consists of: 5 Pull-Ups, 10 Push-Ups, and 15 Air Squats **1 Round of 'DT' consists of: 12 Deadlifts, 9 Hang Power Cleans, and 6 Shoulder-to-Overheads ***Cambio libre una vez completada la ronda Time Cap: 40 minutes	

ESPECIALIDADES PHOENIX BOX

LUGAR	BARBELL & WEIGHTLIFTING	STRONG	GIMNASTICOS	COMPETITION	CROSSFIT FAMILY		
	HANG SNATCH A. 3 Rounds Lateral plank 30 each side) 10 Alternating Twisting Back Extensions 60" Sandbag Hold B. Emom 9' 4 Tempo (3") snatch pull@AHAFa 40" Sorensen hold 10 Barbell skull crushers C.10' To reach a H1 D. For time Hang Snatch Speed Ladder (T&G) 5 Hang Snatch @ 50% of H1 4 Hang Snatch @ 60% of H1 3 Hang Snatch @ 70% of H1 2 Hang Snatch @ 80% of H1 1 Hang Snatch @ 90% of H1 *50 D.U. after each round **5 Barras montadas	SEMANA 14 – Press + fatiga Técnica: Log clean & press fluido Fuerza: Push press 5x3 WOD (chipper): * 30 m carry * 20 push press * 15 sandbag * 30 m carry	BAR MU A. Emom 10' 6 excentric pull ups + 20"hollow hold 10 strict ring dips B. Movimiento gimnástico avanzado Recomendado para aquellas personas que dominan el Kipping: - Mínimo 2/3 dominadas estricatas con peso corporal - Mínimo 2/3 CTB con kipping C. Wod 9/6/3 Bar MU (banded) 10m lunges 100m Run	"CHIPPER PESADO" (Regional 2014) WOD: For time: * 25 deadlifts * 25 hang cleans * 25 front squats * 25 push jerks ----- "GYMNASTIC CAPACITY" (Regional 2012/2014) WOD: AMRAP 14: * 10 chest to bar * 10 handstand push-ups * 10 ring dips	CHIPPER 6 rounds for time 20 Sit ups Synchro 20 Air squats synchro 20 Snach DB alt. synchro 200m Run together TABATA: Lunges+wallsit Push ups+dinamic plank		

ACTIVIDADES DE PLANTA BAJA EN PHOENIX ACADEMY

PREPARACIÓN FÍSICA

LUGAR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	TRABAJO DE CADERA (CICLO 6) A. TRABAJO DE FUERZA (20') 14 Curl femoral con ftball 12 Puento glúteo 5 Curl femoral con goma B. ACCESORIO/FINISHER (20') Amrap 14': 10 Good morning @empty barbell 400m Run 20 KB swing	TRABAJO DE EMPUJE (CICLO 6) A. TRABAJO DE FUERZA (20') 10 Press inclinado con DB 10/lado Elevaciones laterales 20 Extension de triceps en polea B. ACCESORIO/FINISHER (20') EMOM 15' 20 Deficit Back Lunges/Alt 15 DB Bench Press @AHFA *21" Barbell Biceps	TRABAJO DE RODILLA (CICLO 6) A. TRABAJO DE FUERZA (20') 12 Sentadilla goblet 10 Sentadilla goblet con tempo 3030 60" Wall sit B. ACCESORIO/FINISHER (20') Amrap 14" in pairs 30 cal 10 Double DB thruster synchro 10 Double DB push press	FULL BODY (CICLO 6) A. Emom 3 x 6 rounds of: 20 Kossack squat assisted alt leg 10 Double floor seated db press B. 5 Rounds of 10 Ring rows each arm 10 DB bench press each arm B. ACCESORIO/FINISHER (20') Amrap 20' 6 Rounds for time: 16 ktb swing 10 push up 20 V-ups alt	TRABAJO DE TRACCIÓN (CICLO 6) A. TRABAJO DE FUERZA (20') 8 Jalón al pecho 10 Remo en polea baja 20 Curl de biceps con goma o DB B. ACCESORIO/FINISHER (20') 6 Rounds of: 20 Renegade row 15 air squat 10 Inch worm		

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 Sandbag Clean to Shoulder #1B RowErg @ RPE 8 Zone 2 #2A Box Jump #2B SkiErg @ RPE 8 Zone 3 #3A DB 2 Arm rows db #3B DB 1 Arm Devil's Press Switch Arms at 30s Zone 4 #4A KB Teapot Switch Sides at 30s #4B 10m Bear Crawl 10m Reverse Bear Crawl Zone 5 #5A Run @ RPE 8 #5B Hollow Body Flutter Kicks	Partner wod For Time: 1000m run together then: 2000m Row 80 DB Box step over 2000m Ski 120 Sit ups 4000m bike 160 Burpees then: 1000m run together	Compromised Fitness 44 MINS Zone 1 Run, Chipper then max distance run 30x Dual KB Rack squat 60x KB Gorilla Row Max m Run @ RPE 7 07:00 Run @ RPE 7 Zone 2 5 rounds A - SkiErg 01:30 SkiErg @ RPE 6 00:30 SkiErg @ RPE 9 B - RowErg 01:30 RowErg @ RPE 6 00:30 RowErg @ RPE 9	all exercises while Partner 2 rests. Swap throughout Conditioning and Skills 32 MINS Zone 1 TIMER 650-700m RowErg @ RPE 8 Zone 2 Couplet 10x DB Step Ups 10x DB Reverse Lunges Zone 3 Max m Run @ RPE 8 Zone 4 Couplet Max m Sled Pull Strength and Endurance 34 MINS Zone 1 Partner 1 25x Wallballs Partner 2 For remaining time SkiErg @ RPE 7 Zone 2 10x KB Deadlift 5x Burpee Box Jump	Full Body Chipper 15 MINS #1 30x Dual DB Snatch #2 40x DB Jump Squat #3 30x Knee Tuck Push-ups #4 40x DB Thrusters #5 30x Jackknife Situps Partner Strength 26 MINS Zone 1 Partner 1 20x DB Alt Bench Press (Bottoms Up) Partner 2 10x Jumping Switch Lunge For remaining time Rest Zone 2 Partner 1 30m Sandbag Walking Lunges Partner 2 10x Dual KB Deadlift For remaining time Rest	In pairs Amrap 40' 500m Run together 500m Ski 500m Run together 50m Sled push 500m Run together 50m Burpee broadjump 500m Run together 500m Row	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	

SALAS BOUTIQUE

FUNCTIONAL HEALTH

PHOENIX <i>Recovery</i>	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TRABAJO DE FLEXIÓN DE RODILLA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 6 BACK SQUAT -rest 1'- 40" Hollow hold -rest 2'- B. METCON 4 Rounds in pairs 3' ON/3' OFF A1.10 Assault cal/Ski cal A2. Max Ring row/Max DB push press *relevos hasta acabar los 3'	TRABAJO DE TRACCIÓN A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 6 STRICT CHIN UP -rest 1'- 60" Plank hold -rest 2'- B. METCON EMOM 12' FOR MAX REPS BURPEES KB Swing Row cal Mountain climbers	TRABAJO ACCESORIO RODILLA/TRACCIÓN A. 5 Rounds: 6 Bulgarian split squat each leg 20 v-ups alt. B. 5 Rounds: 10 Banded KB Pull-Over 20" HOLD australian pull up C. HIIT MACHINES Emom 12' 1: max assault 2: max row 3: 40" wallsit 4: 40" plank hold	TRABAJO DE FLEXIÓN DE CADERA A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 6 GLUTE BRIDGE -rest 1'- 20 Barbell Good morning -rest 2'- B. METCON Amrap 10' 10 KB SDHP 20 Box step up alt. 15 Sit ups	TRABAJO DE EMPUJE A. TRABAJO DE FUERZA (20') A1. ALTERNATE FOR 5 to 6 Rounds 6 STRICT PRESS -rest 1'- 60" Double KB OH Hold -rest 2'- B. METCON For time (tc 15') 10 to 1 Burpees Assault cal (x2)	TRABAJO ACCESORIO CADERA/EMPUJE A. 5 Rounds: 20 Pull up hold knee raises 40" Wall sit B. 5 Rounds: 12 db floor press pos dead bug 40" banded hollow C. HIIT DB'S Emom 12' Max db hang snatch alt. Max db back rack lunges alt. 20 Push ups

FUNCTIONAL BASIC STRENGTH

PHOENIX <i>Academy</i>	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	TREN SUPERIOR A1. 4 sets -10 DB Bench press (2" 0"-2") - 8 push ups (4" bajada-2" iso abajo) REST b/s: 2' A2. 3 sets -10 Seated bb strict press máquina -2DB one leg strict press REST b/s: 1'30"-2' A3. 3 sets - 10 inclined DB bench press alt. - 10 Triceps exte. unil. -2DB Step up + press (cajón bajo) REST b/s: 1'30" * Si sobra tiempo: B. 2 sets - 10 facepull polea - 40" Plancha codos REST b/s: 1'	TREN INFERIOR A1. 4 sets -10 Back squat máquina - Step up -> figura de 4 REST b/s: 2' A2. 3 sets - 10 bulgarian/split squat - 5 single squat (4" exc.) REST b/s: 1'30"-2' A3. 3 sets - 10 spanish squat - 10 banded monster walk - 20" Copenhagen plank REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 Cable chop (con rotación) REST b/s: 1'	FULL BODY A1. 4 sets -10 2xDB Hang C&J - Lanzamiento de balón a una pierna REST b/s: 2' A2. 3 sets - 10 ktbl swing - 30"-40" Press pallio REST b/s: 1'30"-2' A3. 3 sets - 10 plancha lateral de rodillas + abd pierna - 10 DB strict press sentados - 40" wallsit con taco REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 Desplazamiento de disco aductores - Biceps con una mancuerna REST b/s: 1'	TREN SUPERIOR A1. 4 sets -10 Pull ups (5/30"/5) - 10 Ring rows (4" bajada) REST b/s: 2' A2. 3 sets - 10 landmine barbell row - 10 DB bird dog row REST b/s: 1'30"-2' A3. 3 sets - 10 facepulls - 20" Updown Ktbl ISO hold - 10 Deadbug taps en polea REST b/s: 1'30" * Si sobra tiempo: B. 2 sets - 10 around head - 40" High plank scapular retrac. REST b/s: 1'	TREN INFERIOR A1. 4 sets -10 Rack DL - B stance RDL (4" bajada-2" abajo) REST b/s: 2' A2. 3 sets - 10 Heavy DB glute bridge - 10 lateral plank rodilla + abd REST b/s: 1'30"-2' A3. 3 sets - 10 cossack squat TRX - 20 Heavy farmer carry - 10 Crusty lunge REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 paladas de gúteo REST b/s: 1'	FULL BODY A1. 4 sets -10 Goblet squat - 30"-40" Lateral plank REST b/s: 2' A2. 3 sets - 10 remos en polea - 10 Single leg RDL (4" bajada-2" abajo) REST b/s: 1'30"-2' A3. 3 sets - 10 Push press - 5 x lado pull-push rotando - 40" bear walk REST b/s: 1'30" * Si sobra tiempo: B. 2-3 sets - 10 Frog pumps - Elevaciones laterales 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 txiki 16.30h Infantil 17.30h Infantil 17.30h Cadete	BLOQUE A: Empuje+core - 10X2 Alternating DB Z press - 10mX2 Banded KB March BLOQUE B: Empuje(1)+core - 10X2 Alternating Dumbbell Floor Press - 10X2 Pallof Press BLOQUE E: Rodilla+iso - 10 1 1/4 Barbell Front Squat - 5 Iso catch BLOQUE F: Rodilla(1)+ plio - 10X2 KB Split Squat -4X2 Kneeling SL jumps

PHOENIX SYSTEM

PROGRAMACIÓN DE FUERZA/BODYBUILDING

	PECHO + BICEPS	ESPALDA + TRICEPS	LEG DAY	HOMBRO + ACCESORIO	TREN SUPERIOR	EXTRA DAY
	A. BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-	A. STRICT PULL UP 4x10@AHAFa -Rest 2' B/sets-	A. BACK SQUAT 4x10@AHAFa -Rest 2' B/sets-	A. STRICT PRESS 4x10@AHAFa -Rest 2' B/sets-	A.RING PUHSUPS 5x10 -Rest 1' B/sets-	ONLY FOR THE LEGENDS..... A. 4 rounds of Em5m:
	B. ALT. DB BENCH PRESS 4x10 @ AHAFa(EACH SIDE) -Rest 2' B/sets-	B. DOUBLE DB PRONE ROW 4x10 -Rest 2' B/sets-	B. DEADLIFT 4x10@AHAFa -Rest 2' B/sets-	B. SEATED ARNOLD PRESS 4x10 -Rest 1' B/sets-	B. STRICT PULL UPS 5x10 @ AHAFa -Rest 2' B/sets-	20 Wallballs 15 Deadlifts @100/70 4 Wall Walks
	C. ALT. INCLINE DB BENCH PRESS 4x10@AHAFa -Rest 2' B/sets-	C. NEUTRAL GRIP LAT PULLDOWN 4x10 @ AHAFa -Rest 2' B/sets-	C. BARBELL FRONT SQUAT 1+1/2 REP 4x8@AHAFa 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. STANDING CHEST APERTURES/BANDED 4x12 -Rest as needed-	D. SUPPORTED SINGLE ARM DB ROW 4x10 (EACH SIDE) -Rest as needed-	D. DB GOOD MORNINGS 4x10 rest as needed	D. GHD HIP EXTENSION 4x10 -Rest 1' B/sets-	D. DB SPIDER CURLS 4x10@ AHAFa -Rest as needed-	10 GHD to parallel (2 sec hold at full extension) 15 Pulse Ups 10 Kettlebell Side Bend (each side) 15 KB Front Rack Marches (each side) 30 yd Double Overhead KB Carry
	E. SEATED ALT. DB CURL 4x10 (EACH SIDE) -Rest as needed-	E. STANDING KB CRUSH GRIP FRENCH PRESS 4x10 -Rest as needed-	E. BAND PULL THROUGH 4x12@AHAFa rest as needed	E. ALT. DOUBLE DB STEP BACK LUNGES 4x10 (EACH SIDE) -Rest 2' B/sets-	E. INVERTED SKULL CRUSHER 4x10 -Rest as needed-	*Rest 2:00 b/t sets
	F. DB PREACHER CURL 4x10 reps - Rest as needed-	F. SINGLE ARM DB KICKBACK 4x12(EACH SIDE) -Rest as needed-	F. STANDING BARBELL CALF RAISE 4x15-20 rest as needed	F. SINGLE LEG DB HIP THRUST 4x10 reps - Rest as needed-	F. INCLINE DUMBBELL CURL 4x10 -Rest as needed-	