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UPPER/LOWER STRENGTH
& HYPERTROPHY PROGRAM

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*ELEVATE YOUR TRAINING.
ENHANCE YOUR PHYSIQUE.
EVOLVE BEYOND LIMITS.*

MINER
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TEMPLATE FOR
FUNDAMENTAL
BARBELL &
DUMBBELL
TRAINING



Miner Fitness' Original

Upper Lower Strength & Hypertrophy Program

by Everett Miner, NASM-CPT

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**PREPARE
FOR
SUCCESS**

PREPARE FOR SUCCESS

There are a couple things you will need in order to keep yourself on track for success.

First, find a way to track your workouts whether its a physical notebook, your notes app, or a Google Sheet etc.

Write down your exercises that you plan to execute that day. You should also be able to write down the weights you plan on using and the estimated rep range.

As your training progresses, you will be looking back at what you did last week and trying to improve. How to progress will be covered in another topic, but for now just know you need something to track your workouts.

Next, you will want a digital body weight scale. The most important thing is that you consistently weigh yourself every day or every couple days. Every day you will weigh yourself under the same conditions. Generally, this means you should wake up and weigh yourself. I suggest using the bathroom before you weigh yourself.

You should also consider investing in a digital food scale. This will be very helpful in tracking exactly what you are eating. As time goes on and you become more familiar with what you are eating, the serving sizes, etc. you can stop weighing food and eyeball things and create meal templates.

If you're an over eater this will keep your diet in check when you are trying to build muscle and not put on as much fat. If you're an under eater, this will help you really realize you need to eat a lot more food. If you don't eat enough (and enough of the right foods) you won't see any muscle growth.

Next would be to take your picture from a couple different

angles or even take a video. You'll want a starting reference point.

Visual changes are great, but they are also somewhat subjective. I also recommend writing down some other measurements that I will list out. Preferably do this in the morning, when you have eaten nothing, used the bathroom, and have no pump.

To do list:

1. Take your starting weight down
2. Measure your chest by wrapping a measuring tape around your torso (under your armpits)
3. Measure your shoulder width (around your torso and over shoulders/back/chest)
4. Measure your waist around your belly button
5. Measure your arm size around its greatest girth
6. Measure your legs (quads and calves)

If you are having trouble measuring these correctly, there are many measurement guides on the internet.

Now, I also want you to mark down what might be the most important numbers for starting – the amount of weight you are currently lifting.

Ideally, write down what you are doing for the main lifts like the bench press, overhead press, squats, deadlift, your main rowing variation, lat pull down machine, bodyweight chin ups/pull ups/dips, etc. Be honest. Only write down what you have actually done. Do not write down an estimate of you what you think your one rep max is. If the most you have ever done on bench is 185 for 5 reps, then write that down. This will be a frame of reference for later on to see how much you have progressed.

**EATING
FOR
SUCCESS**

EATING FOR SUCCESS

This program is focused around building muscle and strength. This is harder to do when you are in a caloric deficit. If you are trying to cut/lose fat/shred/be Zyzz, you can still follow this workout, but just know your rate of progression on lifts can be severely impacted. You won't build as much muscle (you might not build any at all if you're intermediate or advanced). You won't be able to lift as much weight and your strength may improve very slowly (or maybe not at all depending on certain factors).

To get the best results I recommend being in a caloric surplus.

I highly recommend using MyFitnessPal in conjunction with the use of a digital food scale to keep track of the food/calories/macros you are eating. Doing so will optimize the process and ensure you are fueling your body right and giving it enough calories/nutrients to grow stronger.

Determining Your Calories

Generally, your maintenance calories can be estimated by taking your bodyweight and multiplying it by 15.

For example, at 185 pounds you would get 2,775 calories for maintenance ($185 \times 15 = 2775$). From here you should add 250 to 300 calories ($2,775 + 300 = 3,075$ calories per day).

If you are tracking your weight and don't notice a weekly average increase, then you might have a fast metabolism or are very active. This means you should incorporate 50 to 100 more calories per day until you see a bump up in your average weekly weigh-ins.

Another easy way to calculate your total calories is to plug in your weight and activity level into MyFitnessPal and it will estimate your calories. At the end of the day, everyone's caloric needs are different and will need to be adjusted once you figure out where your personal maintenance levels are.

Calculating your macros:

While there is no secret macro ratio, I have found that consistency is key and you should do what you like best. You need to be eating enough protein to support growth. Try to get it from lean protein sources. Then partition your carbs/fats based on your eating preferences; preferably with whole foods like vegetables, fruits, complex carbs (sweet potatoes, quinoa, oatmeal, rice etc), and healthy fats (like avocado or olive oil etc.)

When building muscle and strength you should be eating at least .8 grams of protein per pound of bodyweight. This means if you weigh 185 pounds, you should be eating *at least* 148 grams of protein.

Aiming for 1 gram of protein per bodyweight is ideal to start with and assumes you will be eating sufficient protein for muscle protein synthesis.

We will stick with the example of someone being 185 pounds and in a 300-calorie surplus. Their goal calories are 3075.

The Calculations:

Protein: At 185 pounds, you would eat 185 grams of protein. 185 grams of protein at 4 calories per gram is 740 calories.

740 calories/185g of protein

Fat: Next, 20-30% of your calories should come from fat. Let's say you prefer 25% of your calories from fat. You would multiply $.25 \times 3,075$ (the original total calorie count) and get 769 calories. Divide this by 9 and you get 85 grams of fat per day.

769 calories/85g of fat

Carbohydrates: Carbs will come from the remaining calories. Just subtract the calories from protein and fat from the total calories and you will get the remainder.

740 cals from protein plus the 769 cals from fat = 1509 calories.

Subtract 1509 calories from 3075 = 1566.

1566 calories divided by 4 calories per gram for carbs = 392g of carbs.

1566 calories/392g of carbs

The final macros:

3075 calories - 392g of carbs/85g of fat/185g of protein

THE ROUTINE

THE ROUTINE

Upper 1	Lower 1	Upper 2	Lower 2
Flat BB Bench 3×5	Squat 3×5	Bench 3×8- 10	Leg Press 3×8-10
BB Bent Over Row 3×5	Deadlift 3×5	Chin Up 3×8- 10	RDL 3×8-10
Incline DB Bench 4×5	Leg Extension 3×8	DB Shoulder Press 3×8- 10	Goblet Squats 3×8-10
Chin Up 4×5	Leg Curl 3×8	DB Row 3×8- 10	Leg Extension 3×8-12
Lateral Raises 3×8	Calf Raises 3×12	Cable Chest Fly 3×8-12	Leg Curl 3×8- 12
Bicep Curls 3×8	Abs	Bicep Curls 3×8-12	Calf Raises 3×12-15
Triceps Extensions 3×8		Triceps Ext. 3×8-12	Abs
Face Pull 3×12		Rear Delt Fly 3×12	

DB = Dumbbell

BB = Barbell

RDL = Romanian Deadlift

SLD = Stiff Legged Deadlift

How to set up the split

Generally, an upper/lower split is run upper body day, lower body day, rest, upper, lower, rest, rest, repeat. Every week would look the same. It would look like this:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Rest	Upper	Lower	Rest	Upper	Lower	Rest

Other options:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Lower	Rest	Rest	Upper	Lower	Rest	Upper

Notice that it still is 2 lifting days, 1 rest, 2 lifting days, 2 rest days.

Another way you can split it is as such.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Rest	Upper	Lower	Rest	Upper	Rest	Lower

As long as you give yourself ample time to recover and don't do three lifting days in a row you should be fine.

Abs

Abs can either be done on lower body day, or on a rest day. If you do it at the end of the lower workout you will be able to perform less. If you overdo your ab/core work on a rest day, then you risk some core stability or some sore abs on your next lifting day (if you don't typically do direct ab/core work).

What should you be doing for core work?

The main compounds will work your abs a lot, but here are some additional ab exercises you can pick from to help develop your abs and work in supplement to your efforts.

- Hanging Leg Raises
- Hanging oblique leg raises
- Kneeling Cable Crunches
- Oblique Twist – Woodchoppers
- Romanian Twists
- Weighted Sit ups/crunches
- Regular planks and side planks

How to warm up:

A brisk walk or light jog for 5 minutes is a good place to start. I also recommend looking up basic mobility and warm up routines dedicated to your training day. Before my upper body workout day, I like to do band work that includes external rotations, pull aparts, and pass throughs to warm up my shoulder joints. For lower body day, I will do some calf stretching, hip mobility movements, dynamic hamstring stretches and some light goblet squats. There are many different stretches (both static and dynamic), mobility movement, and warm up exercises to perform. A lot of them should always be done, while some are prescriptive. **This means it is up to you to decide what is best for you and your needs at this point.**

To get yourself warmed up for a working set it is a good idea to go through some lighter repetitions. The goal is not to fatigue yourself, but to get synovial fluid going in your joints and activate your nervous system. Beginning with barbell movements, you should start off with just the bar. Then incrementally add weight accordingly to your working set.

For example: If you are at a working set of 185×5 you should begin warm ups by doing the bar for 5 to 10 reps. Then put on 95 lbs and do 3-5 reps. Add 135 for 3 reps. Then up it the weight to 155 for 2 reps, 175 for 1 rep, and then start your working set at 185.

If you are working with lighter weights for your working set you can get away with less warm ups. You can follow a protocol I learned using just 3 warm up sets. You can start by doing 5 reps at 60% of your working set, then 3 reps of 75% of your working set, followed by 1 rep of 90% of your working set.

For example: Working set of 185×5.

60% of 185 = ~110 lbs x 5 reps

75% of 185 = ~140 lbs x 3 reps

90% of 185 = ~165 lbs x 1 rep

Begin your working set

As you lift heavier weights, your warm ups should/will take longer to build up to so I only recommend doing this 5/3/1 warm up when you are lifting below 225.

HOW TO PROGRESS

Linear progression:

For 3×8-10 movements, pick a weight you can do for 3×8, and work your way up to doing 3×10. If you can do 8,8,8 one workout, then you should be shooting for adding another rep or two next workout. Strive to get 9,8,8 or 9,9,8. Eventually you will work your way to doing 9,9,9, and then 10,10,10. Once you hit 3×10 it's time to bump the weight up 5 pounds and start again.

For the 3×5 and 4×5 movements, you will basically do the same. Pick something you can start off with 5 reps. If you get 5 reps on the first set, 4 on the second set, and 4 on the third set, you would focus your next workout on getting one more rep. Shoot for 5,5,4 and/or then 5,5,5. Once you hit 5,5,5, up the weight 5 pounds and repeat.

You can even push yourself to doing up to 6 reps before increasing the weight. So if you're doing 6,6,5, you might be ready to bump the weight 5lbs.

How the rep ranges are derived:

The main goal for these rep ranges is to hit a total number of reps with a given weight. Your total rep goal for a 3×5 lift is between 12-18 reps total. For the 3×8-10 sets the total rep goal is between 20-30. The given reps and sets are supposed to put you into these rep ranges. These rep ranges will regulate which weight you will use - heavier weight for the 3×5 and moderate weight for 3×8-10.

Breaking Plateaus

This workout program is based upon **linear progression**. This basically means we're trying to get progress by adding 5 pounds to the lift after completing the rep range which would show linear progress if you graphed everything out. By alternating our two workouts, we work two different systems within the same micro cycle (week). One day you are working your strength system and the other day you are working the hypertrophy system. This itself will help you progress and plateau less frequently.

What to do when linear progression stops working:

There will come a time when adding weight linearly to the bar or just trying to increase the reps will lead to plateaus. This is normal. There are many ways to break through plateaus and here are some of the ways to do this.

First, I would start off by dropping the weight by 10% and restarting. You will find yourself reaching back to where you were very quickly as you will be able to progress right through the rep ranges. Then when you're back at the weight you were stuck at, you'll blast right through it. I have done this many times myself.

Another way is by adding another set. If you started at 3×5 then try doing 4×5, then 5×5. Next increase the weight 5lb and start back at 3×5. (note: I do not recommend doing this for the deadlift)

Exercise rotation is another great tool to break through plateaus and give your body a different stimulus. For example: if you are stalling on barbell incline chest press, then switch to dumbbells and work on progressing there. You can change to doing weighted dips and working on progression there. If you have been stuck on barbell rows, try doing dumbbell rows. If you're stuck on weighted chin ups, switch to pull ups. Eventually, return to the original movement you were stuck on and you will find yourself in 2 different scenarios. You might seem a bit weaker because you have not done the exact movement recently, but as you get back into it you will have a faster rate of progression and push past your limits before. The other scenario would be you come back to the original movement and find yourself much stronger. Either way, your body has grown stronger from exercise rotation with the newly added stimulus.

Eating your way to a new PR also works wonders. If you're not eating enough you won't be able to progress as easily. Therefore, if you are not gaining any weight while doing this program, you will have trouble. Just by increasing your calories a bit over the course of a week, you will find yourself getting stronger. This tactic is used a lot to increase bench press. The bench press strength is the highest correlated with weight of the big 3 movements (squat, bench, deadlift).

More advanced ways to break plateaus in your training through periodization:

These methods should be used once you have utilized the previous options.

You can follow a *linear periodization model*. Change your rep scheme from working with one weight and moving through the rep ranges and sets. It would look something like this:

Example 1:

Workout 1: 3×10

Workout 2: 4×8

Workout 3: 5×5

Example 2:

Weeks 1-2: 3×12

Weeks 3-4: 3×10

Weeks 5-6: 4×8

Weeks 6-7: 5×5

Example 3:

Lastly, if you are not a beginner and know your 1 rep maxes for the main lifts (compounds) you can work off of that 1 rep max. You can set up entire blocks of training or mesocycles (couple of weeks) and dedicate it to one type of system. Typical rep ranges to work within 3-5 (heavy), 6-8 (moderate), 8-12+ (light). Pick one set of rep ranges and stick to it for 4 weeks. After this, move to a new rep range and start progressing there.

Weeks 1-4: 3-5 reps (heavy)

Weeks 5-8: 6-8 reps (moderate)

Weeks 9-12: 8-12+ reps (light)

Changing rep schemes in a systematic way is a great way to make continual progress. These are just a few that do not include the use of specific percentage based programming and RPE scales, which is geared towards more advanced lifters. **If you're interested in percent based programming, check out my program [here](#).**

MODIFICATIONS

MODIFICATIONS

The original routine should be used at least 8 weeks before moving on to these modifications. If you are a novice (less than 1 year of training), I recommend running the original workout plan for 6+ months until you can bench around 225, squat 315, and deadlift 405. Most people can obtain these numbers through linear progression if their diet is on check, training consistently, and resting well.

Why modification workouts?

These are alternative workouts I have used personally to bring up a lagging part. You can also use this to bring up a certain lift if you want to focus on a particular movement. The way these routines are adjusted are by modifying exercise selection, placing more frequency and importance on a few key lifts, and modifying the assistance movements all the achieve a certain goal.

Width Modification

Upper 1	Lower 1	Upper 2	Lower 2
Flat BB Bench 3×5	Squat 3×5	OHP 3×8-10	Leg Press 3×8-10
Chin/Pull Up 3×5	Deadlift 3×5	Chin/Pull Up 3×8-10	RDL 3×8-10
Incline DB Bench 4×5	Leg Extension 3×8	Incline DB Press 3×8- 10	Goblet Squats 3×8-10
BB Row Movement 4×5	Leg Curl 3×8	Lat Pull Down 3×8-10	Leg Extension 3×8-12
Lateral Raises 3×8	Calf Raises 3×12	Lateral Raise 3×8-12	Leg Curl 3×8- 12
Bicep Curls 3×8	Abs	Bicep Curls 3×8-12	Calf Raises 3×12-15
Triceps Extensions 3×8		Triceps Ext. 3×8-12	Abs
Face Pull 3×12		Rear Delt Fly 3×12	

This is the “width” modification routine because it focuses 2 main areas:

1. building up the lats through vertical pulling movements
2. building up the shoulders through overhead pushing movements

When your shoulder and lat strength/size increase, you will increase your V-taper (assuming that you are starting at a decently lean body fat level). Specifically increasing your OHP and chin/pull up workload is what I have found to be the key. Building your shoulders makes you look a lot bigger. Having developed lats, which is most easily done through getting strong on chin ups or pull ups, will contribute to this look. Not only is it cool to have a V-taper, but being strong in the overhead press and chin ups/pull ups is awesome.

Thickness Modification

Upper 1	Lower 1	Upper 2	Lower 2
Flat BB Bench 3×5	Squat 3×5	Flat Bench 3×8-10	Leg Press 3×8-10
BB Bent Over Row 3×5	Deadlift 3×5	DB Row 3×8-10	RDL 3×8-10
OHP 4×5	Leg Extension 3×8	Incline DB Press 3×8- 10	Goblet Squats 3×8-10
Chin Up 4×5	Leg Curl 3×8	Cable Row 3×8-10	Leg Extension 3×8-12
Lateral Raises 3×8	Calf Raises 3×12	Cable Chest Fly 3×8-12	Leg Curl 3×8- 12
Bicep Curls 3×8	Abs	Bicep Curls 3×8-12	Calf Raises 3×12-15
Triceps Extensions 3×8		Triceps Ext. 3×8-12	Abs
Face Pull 3×12		Rear Delt Fly 3×12	

This is the “Thickness” modification routine because it focuses 2 main areas:

1. building up the back through horizontal pulling movements
2. building up the chest through chest press movements

Bent over rows and other main row variations will build your lats up a lot, but will place more emphasis on other traps, rhomboids, and erector spinae (which are hit in bent over rows, deadlift, and RDL, too). In this routine, there is also an emphasis on building up the chest. Hitting flat barbell bench twice a week with varying intensities and volume is a great way to build up. The OHP is still included. Incline DB press is used on the second upper day to get more volume on your pressing movement and hit the upper pec.

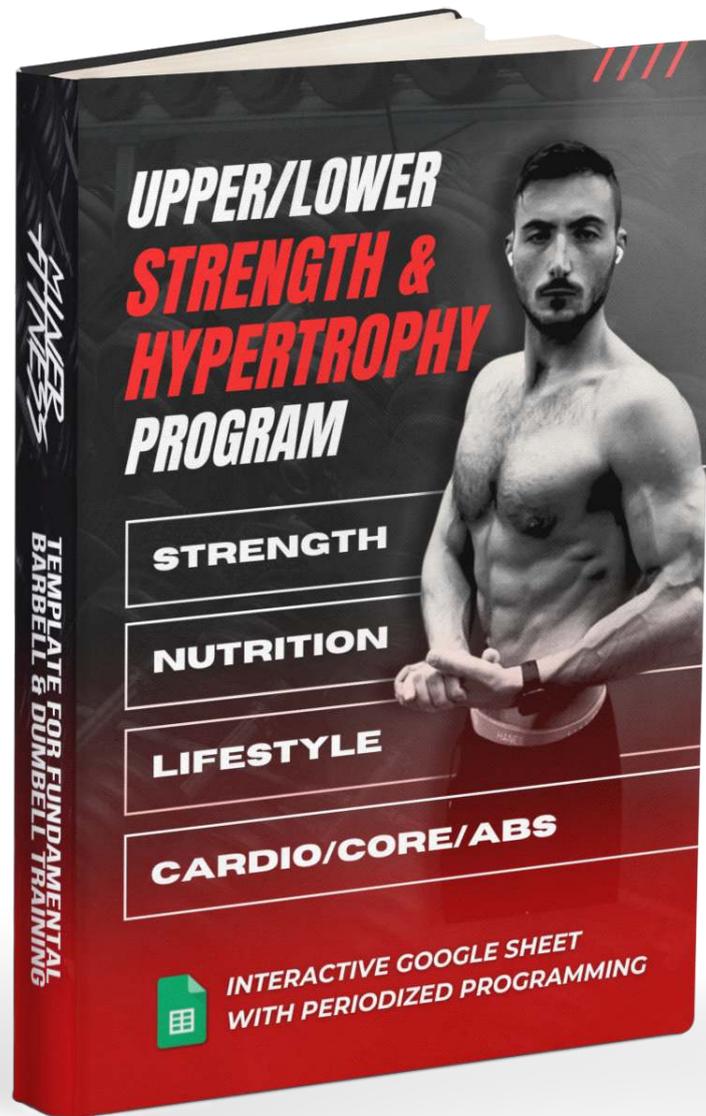
Legs Modification

Upper 1	Lower 1	Upper 2	Lower 2
Flat BB Bench 3×5	Squat 3×5	Bench 3×8- 10	Box Squat 3×6-8
BB Bent Over Row 3×5	Deadlift 3×5	Chin Up 3×8- 10	Front Squat 3×8-10
Incline DB Bench 4×5	Bulgarian Split Squat 3×8	DB Shoulder Press 3×8- 10	RDL 3×10-12
Chin Up 4×5	Leg Extension 3×8-12	DB Row 3×8- 10	Dumbbell Lunges 3×10- 12
Lateral Raises 3×8	Leg Curl 3×8- 12	Cable Chest Fly 3×8-12	LGoblet Squats 3×15- 20
Bicep Curls 3×8	Calf Raises 3×12	Bicep Curls 3×8-12	Calf Raises 3×12-15
Triceps Extensions 3×8	Abs	Triceps Ext. 3×8-12	Abs
Face Pull 3×12		Rear Delt Fly 3×12	

This is the “legs” modification for one simple reason. You are now squatting twice a week. If you want to get better at something, do it more.

1. You are still squatting by starting off with 3×5 on the first lower body workout.

2. You are now deadlifting for a 3×3 instead of 3×5 to reduce the overall volume load placed on your CNS. You can still get stronger, increase the weight you are doing, and improve how you would originally, but this slight reduction in the extra reps will help in recovery. The deadlift is very taxing and this program is not designed to run as a powerlifting program. This is a general strength and muscle building routine.



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