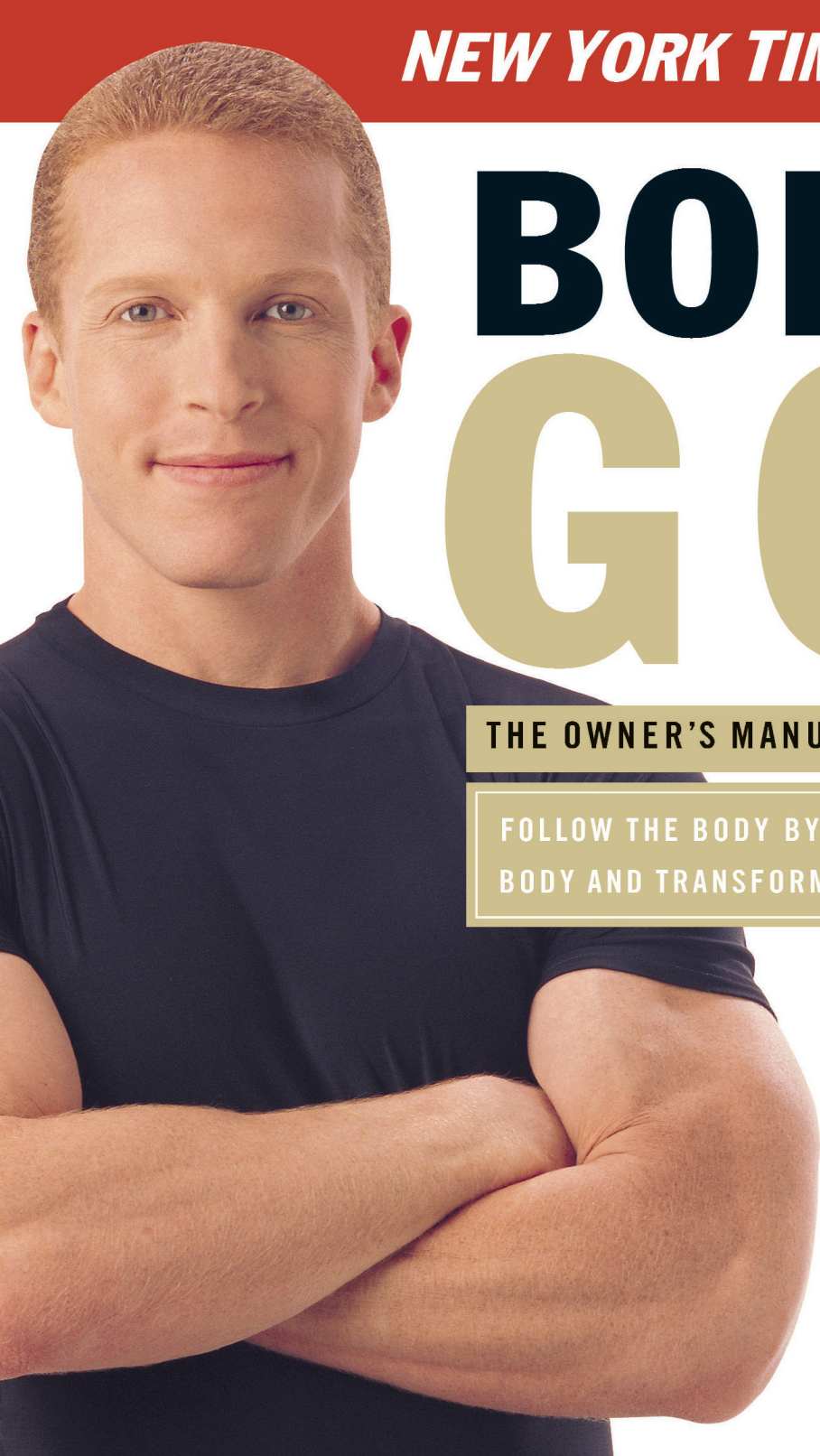


NEW YORK TIMES BESTSELLER



BODY BY GOD

THE OWNER'S MANUAL FOR MAXIMIZED LIVING

FOLLOW THE BODY BY GOD PLAN TO IMPROVE YOUR
BODY AND TRANSFORM YOUR LIFE IN ONLY 40 DAYS!

- Eat like an elephant but look like a gazelle
- Get in the best shape of your life with 10-minute workouts
- Completely reprogram the way you react to stress
- Achieve 160 hours of results in a 40-hour week
- Follow the 4 rules that lead to Olympic-level success

DR. BEN LERNER

A PDF COMPANION TO THE AUDIOBOOK

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In view of the complex, individual nature of health and fitness problems, this book, and the ideas, programs, procedures, and suggestions are not intended to replace the advice of trained medical professionals. All matters regarding one's health require medical supervision. A physician should be consulted prior to adopting any program or programs described in this book or any of the Body by God series. The author and publisher disclaim any liability arising directly or indirectly from the use of this book.

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Author photos on book jacket were taken by Douglas Scaletta.

Exercise photos, as well as photos in the park, were taken by Thomas E. Naylor, Tom Naylor Photography, Celebration, Florida.

Library of Congress Cataloging-in-Publication Data

Lerner, Ben.

Body by God : the owner's manual for maximized living / Ben Lerner.

p. cm.

ISBN 13: 978-0-7852-6317-3 (HC)

ISBN 13: 978-0-7852-8835-0 (TP)

1. Health—Religious aspects—Christianity. I. Title.

BT732.L45 2003

248.4—dc22

2003019725

Printed in the United States of America

10 11 12 13 EPAC 8 7 6 5 4

6 | THE WAY GOD DESIGNED YOU TO EAT: THE *UN*-DIET FOOD GUIDE

The Un-Diet Food Guide

CARBOHYDRATE GUIDE:

TIME: A.M. MIDDAY P.M.

LEVELS: HIGH ——— H-MODERATE ——— MODERATE ——— M-LOW ——— LOW

PROTEIN GUIDE:

TIME: A.M. MIDDAY P.M.

LEVELS: LOW ——— L- MODERATE ——— MODERATE ——— M-HIGH ——— HIGH

FAT GUIDE:

TIME: A.M. MIDDAY P.M.

LEVELS: LOW ——— L-MODERATE ——— M-HIGH ——— M-HIGH ———

MORNING

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

2/24/03

Real Time

7 A.M./P.M.

Intended Time by God

6:30 A.M./P.M.

Actual Food

Carbohydrate:

Raisins, Oatmeal, Honey

Protein:

1 Whole Egg

Fat:

Egg Yolk

Liquid:

1 Glass of Water

Food by Man:

Coffee, milk

How you felt after eating

Good, but buzzed from coffee

Why You Ate/Drank?

Because it was time to eat, not necessarily because I was hungry

Planned Food by God

Carbohydrate:

Fruit, Oatmeal, Honey

Protein:

1 Whole Egg

Fat:

Crushed Flax seeds, Egg yolk

Liquid:

2 Glasses of Water

Food by Man:

None

How you felt 1-2 hours later

Coming down off the coffee

MIDDAY

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

2/24/03

Real Time

12... A.M./P.M.

Intended Time by God

12:30... A.M./P.M.

Actual Food

Carbohydrate:

Jasmine rice, salad, broccoli

Protein:

1 Can of Tuna

Fat:

Olive oil in dressing

Liquid:

1 Glass of Water

Food by Man:

Iced Tea, Diet Coke, Bread, Sunflower oil in dressing (Bad Fat)

How you felt after eating

Light & Energetic

Why You Ate/Drank?

Very hungry

(needed late morning snack)

so I ate bread

Planned Food by God

Carbohydrate:

Jasmine rice, salad, broccoli

Protein:

1 Can of Tuna

Fat:

Olive oil in dressing

Liquid:

2 Glasses of Water

Food by Man:

Iced Tea, Sunflower oil in dressing (Bad Fat)

How you felt 1-2 hours later

Nauseous from diet coke

Fuzzy from all the caffeine

EVENING

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

2/24/03

Real Time

6:30 A.M./P.M.

Intended Time by God

6:30 A.M./P.M.

Actual Food

Carbohydrate:

Salad, Zucchini

Protein:

1/2 Chicken breast/thigh

Fat:

Avocado, Olive oil dressing

Liquid:

2 Glasses of Water

Food by Man:

None

How you felt after eating

Full but Light

Why You Ate/Drank?

Hungry

just the right amount to make a

sensible decision on what to eat

Carbohydrate:

Salad, Zucchini

Protein:

1/2 Chicken breast/thigh

Fat:

Avocado, Olive oil dressing

Liquid:

2 Glasses of Water

Food by Man:

None

How you felt 1-2 hours later

Normal

MORNING

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

Real Time

Intended Time by God

.....

..... A.M./P.M.

..... A.M./P.M.

Actual Food

Why You Ate/Drank?

Planned Food by God

Carbohydrate:

Carbohydrate:

Protein:

Protein:

Fat:

Fat:

Liquid:

Liquid:

Food by Man:

Food by Man:

How you felt after eating

How you felt 1-2 hours later

MIDDAY

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

Real Time

Intended Time by God

.....

..... A.M./P.M.

..... A.M./P.M.

Actual Food

Why You Ate/Drank?

Planned Food by God

Carbohydrate:

Carbohydrate:

Protein:

Protein:

Fat:

Fat:

Liquid:

Liquid:

Food by Man:

Food by Man:

How you felt after eating

How you felt 1-2 hours later

EVENING

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

Real Time

Intended Time by God

.....

..... A.M./P.M.

..... A.M./P.M.

Actual Food

Why You Ate/Drank?

Planned Food by God

Carbohydrate:

Carbohydrate:

Protein:

Protein:

Fat:

Fat:

Liquid:

Liquid:

Food by Man:

Food by Man:

How you felt after eating

How you felt 1-2 hours later

11 | THE LAWS OF MOVEMENT



Dr. Ben Lerner and son, Skylar.

12

EXERCISING WITH AIR

EXAMPLE AEROBIC ROUTINES

EXAMPLE 30-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN= 40 MINUTE TOTAL)

FOR FAT BURNING

Name: Rachel (beginner with knee injury)
Age: 50 **Gender:** Female
ACTIVITY: Stationary BIKE

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate[illegible]

EXAMPLE AEROBIC ROUTINES

EXAMPLE 40-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN= 50 MINUTE TOTAL)

FOR FAT BURNING AND IMPROVED PERFORMANCE

Name: *Moses*

Age: *40*

Gender: *Male*

ACTIVITY: *Running*

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate

MOVING ZONE LEVELS		FUR: 99-135	PER: 135-153	SUR: 153-171
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED	HEART RATE (Real)
0:00	0:00	Resting Heart Rate (RHR)+	010 Mph	RHR 72-75
5:00	5:00	Below - FUR	3-3.5 Mph	75-80
7:00	2:00	Near - FUR	4-4.5 Mph	80-85
9:00	2:00	Nearer - FUR	5 Mph	85-90
11:00	2:00	First 1% - FUR	5-5.5 Mph	95-99
13:00	2:00	First 10% - FUR	5.5 Mph	99-110
15:00	2:00	First 10% - FUR	5.5 Mph	99-110
18:00	3:00	First 50% - FUR	5.5 Mph	110-117
21:00	3:00	Last 50% - FUR	6 Mph	117-135
25:00	4:00	First 50% - PER	6 Mph	135-145
29:00	4:00	First 50% - PER	6.5 Mph	135-145
33:00	4:00	Last 50% - PER	6.5 Mph	145-153
36:00	3:00	Last 50% - PER	6.5 Mph	153-145
39:00	3:00	PER - FUR	6 Mph	145-135
42:00	3:00	Last 50% - FUR	6 Mph	135-117
45:00	3:00	First 50% - FUR	5.5 Mph	117-99
50:00	5:00	First 10% - FUR - RHR +	5.5-3 Mph	99-75

EXAMPLE AEROBIC ROUTINES

40-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN= 50 MINUTE TOTAL)

FOR FAT BURNING AND SPORTS/PEAK PERFORMANCE

Name: *Gampson (Experienced Runner)*
Age: *40* Gender: *Male*
ACTIVITY: *Running*

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

MOVING ZONE LEVELS		FUR: <u>99-135 (+10)</u>		PER: <u>135-153 (+10)</u>		SUR: <u>53-171</u>	
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE	HEART RATE (Real)			
0:00	0:00	Resting Heart Rate (RHR)+	Mph/0	RHR 72-75			
5:00	5:00	Below - FUR	3-3.5 Mph/ 0	75-80			
7:00	2:00	Near - FUR	4-5 Mph/ 0	80-85			
9:00	2:00	Nearer - FUR	5-5.5 Mph/ 1	85-95			
11:00	2:00	First 1% - FUR	5-5.6 Mph/ 2	95-110			
13:00	2:00	First 50% - FUR	6 Mph/ 2	110-120			
15:00	2:00	First 50% - FUR	6.5 Mph/ 3	120-140			
17:00	2:00	SUR	7.5-8.5 Mph/ 4	153-171			
19:00	2:00	PER - FUR	7-6 Mph/ 3-2	171-145			
21:00	2:00	PER	7 Mph/ 3	145-163			
24:00	3:00	SUR	8.5 Mph/ 4	163-171			
26:00	2:00	PER - FUR	7-6 Mph/ 3-2	171-145			
28:00	2:00	PER	7 Mph/ 3	145-163			
32:00	4:00	SUR	8.5 Mph/ 4	163-171			
34:00	2:00	PER - FUR	7-6 Mph/ 3-2	171-145			
36:00	2:00	PER	7 Mph/ 3	145-163			
41:00	5:00	SUR	8.5 Mph/ 4	163-171			
45:00	4:00	PER - FUR	7-6 Mph/ 3-2	171-127			
50:00	5:00	FUR - RHR+	5.5 Mph/ 3-0	127-72+			

30-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN = 40 MINUTE TOTAL)

MOVING ZONE LEVELS		FUR: _____	PER: _____	SUR: _____
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate (RHR)+	Mph/	RHR
5:00	5:00	Below - FUR	Mph/	
7:00	2:00	Near - FUR	Mph/	
9:00	2:00	Nearer - FUR	Mph/	
14:00	5:00	First 1% - FUR	Mph/	
19:00	5:00	First 10% - FUR	Mph/	
24:00	5:00	First 50% - FUR	Mph/	
29:00	5:00	First 10% - FUR	Mph/	
32:00	3:00	First 1% - FUR	Mph/	
35:00	3:00	Near - FUR	Mph/	
40:00	5:00	Below - FUR - RHR+	Mph/	

PERSONAL AEROBIC ROUTINES

40-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN= 50 MINUTE TOTAL)

FOR FAT BURNING AND IMPROVED PERFORMANCE

Name: _____

Age: _____ Gender: _____

ACTIVITY: _____

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate PER - Performance Enhancement Rate SUR - Sugar-Utilization Rate

MOVING ZONE LEVELS		FUR: _____	PER: _____	SUR: _____
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate (RHR)+	0Mph/ 0	
5:00	5:00	Below - FUR	Mph/	
7:00	2:00	Near - FUR	Mph/	
9:00	2:00	Nearer - FUR	Mph/	
11:00	2:00	First 1% - FUR	Mph/	
13:00	2:00	First 10% - FUR	Mph/	
15:00	2:00	First 10% - FUR	Mph/	
18:00	3:00	First 50% - FUR	Mph/	
21:00	3:00	Last 50% - FUR	Mph/	
25:00	4:00	First 50% - PER	Mph/	
29:00	4:00	First 50% - PER	Mph/	
33:00	4:00	Last 50% - PER	Mph/	
36:00	3:00	Last 50% - PER	Mph/	
39:00	3:00	PER - FUR	Mph/	
42:00	3:00	Last 50% - FUR	Mph/	
45:00	3:00	First 50% - FUR	Mph/	
50:00	5:00	First 10% - FUR - RHR +	Mph/	

PERSONAL AEROBIC ROUTINES

40-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN= 50 MINUTE TOTAL)

FOR FAT BURNING AND SPORTS/PEAK PERFORMANCE

Name: _____
Age: _____ Gender: _____
ACTIVITY: _____

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate		PER - Performance Enhancement Rate		SUR - Sugar-Utilization Rate	
MOVING ZONE LEVELS	FUR: _____	PER: _____	SUR: _____		
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)	
0:00	0:00	Resting Heart Rate+	0 Mph 0		
5:00	5:00	Below - FUR	Mph		
7:00	2:00	Near - FUR	Mph		
9:00	2:00	Nearer - FUR	Mph		
11:00	2:00	First 1% - FUR	Mph		
13:00	2:00	First 50% - FUR	Mph		
15:00	2:00	First 50% - PER	Mph		
17:00	2:00	SUR	Mph		
19:00	2:00	PER - FUR	Mph		
21:00	2:00	PER	Mph		
24:00	3:00	SUR	Mph		
26:00	2:00	PER - FUR	Mph		
28:00	2:00	PER	Mph		
32:00	4:00	SUR	Mph		
34:00	2:00	PER - FUR	Mph		
36:00	2:00	PER	Mph		
41:00	5:00	SUR	Mph		
45:00	4:00	PER - FUR	Mph		
50:00	5:00	FUR - RHR+	Mph		

13 | FOR HEALTHY MUSCLES, YOU MUST RESIST



Hamstring Stretch

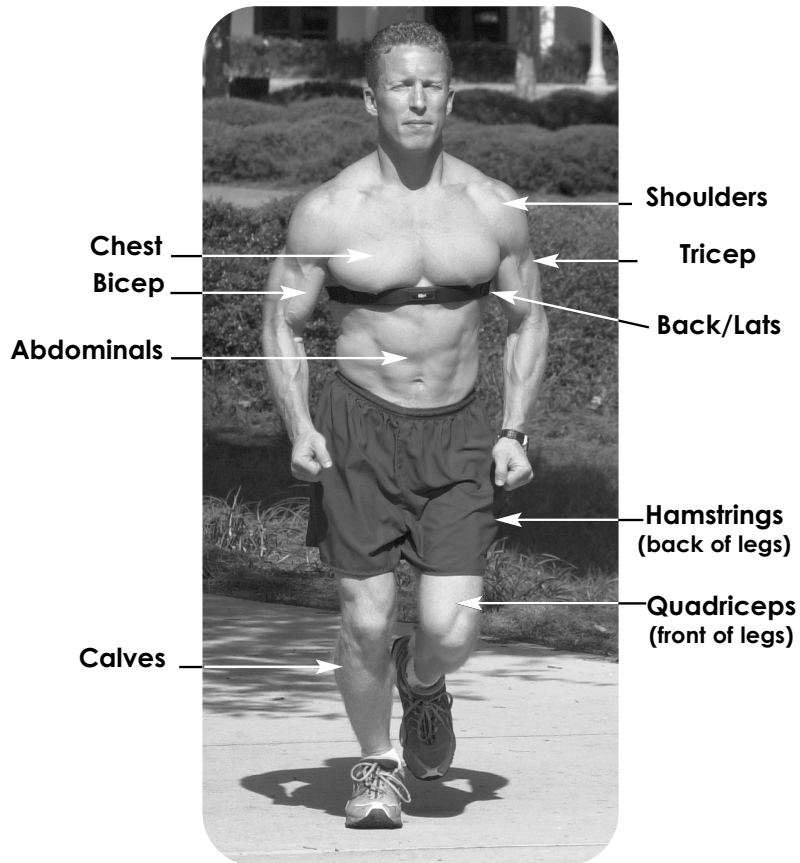


Calf Stretch



Front of Neck Stretch

14 | RESISTANCE EXERCISES



Dr. Ben Lerner

One-Legged Squat (Quadriceps, Hamstrings, Glutes)



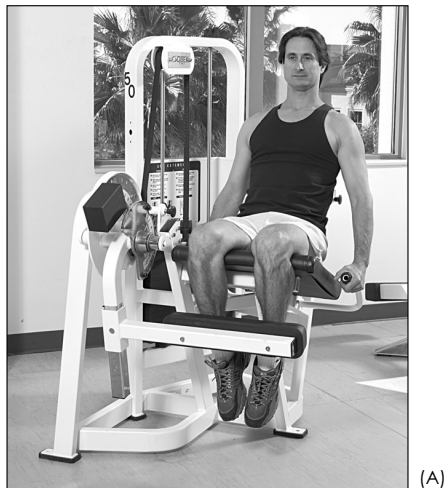
Dr. Ben Lerner



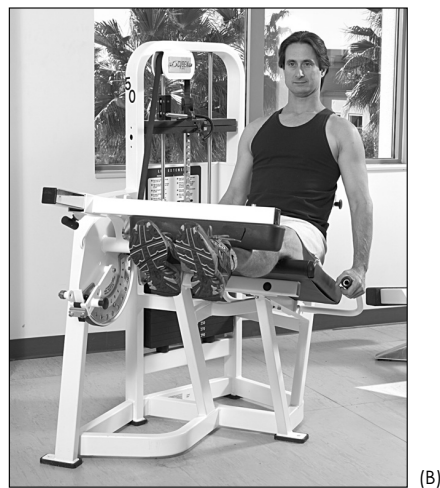
Lunges (Quadriceps, Hamstrings, Glutes)



Leg Extension (Quadriceps)



Dave Phillips



Leg Curl (Hamstrings)



Vicki Phillips

(A)

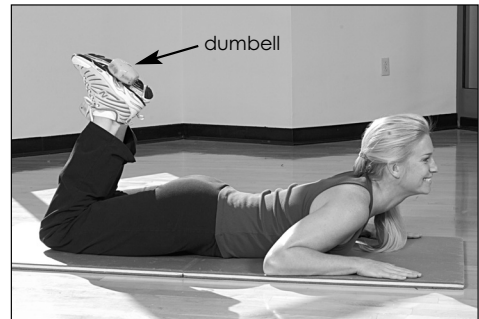


(B)

Dumbbell Hamstring Curl



(A)



(B)

Dumbbell Straight-Leg Dead Lifts (Hamstrings and Lower Back)



(A)



(B)

Abduction (Outer Thigh)



(A)



(B)

Adduction (Inner Thigh)



(A)



(B)

One-Legged Calf Raise (Calves)

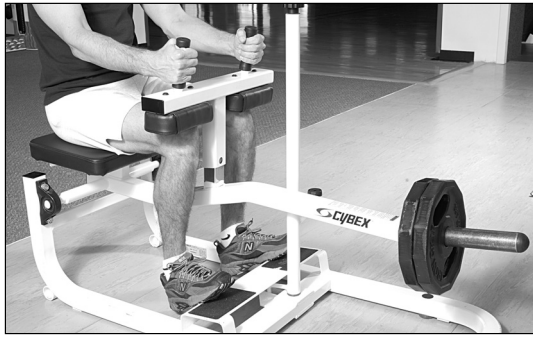


(A)



(B)

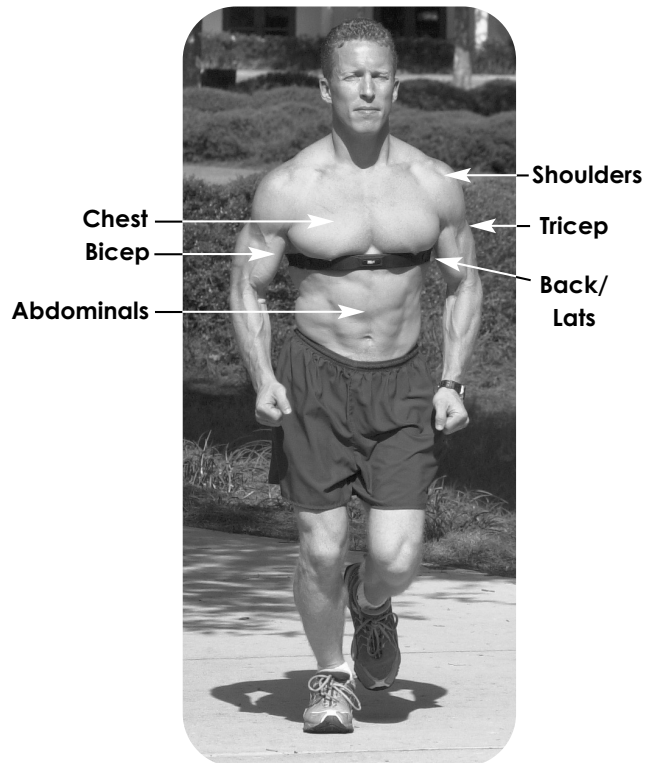
Seated Calf Raise (Calves)



(A)



(B)



Incline Dumbbell Flye Press (Chest, Shoulders, Triceps)



(A)



(B)

Flat Dumbbell Flye Press (Chest, Shoulders, Triceps)



(A)



(B)

Incline Flyes (Chest)



(A)



(B)

Incline or Flat Push-Up (Chest, Shoulders, Triceps)



(A)



(B)

Barbell Curl (Biceps)



(A)



(B)

Dumbbell Curl (Biceps)



(A)



(B)

Hammer Curl (Biceps)



Tricep Pushdown—Rope or Bar (Triceps)



One-Arm Standing Triceps Extension (Triceps)



One-Arm Bent Triceps Extension (Triceps)



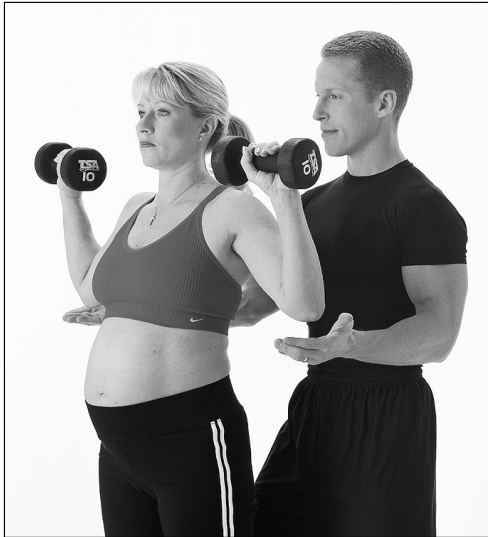
Reverse Bench Dip (Triceps)



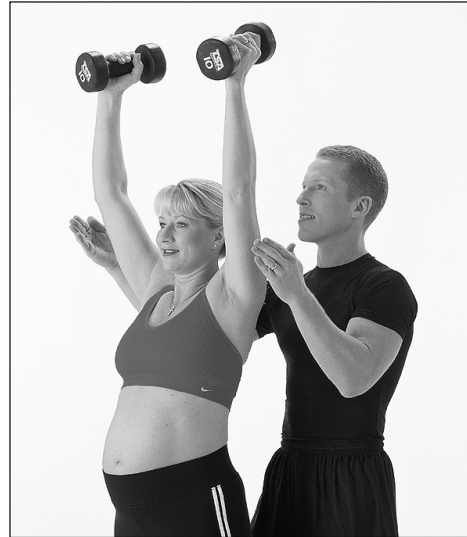
Triangle Push-Up (Triceps)



Dumbbell Shoulder Press (Shoulders, Also Assisted by Triceps)



(A)



(B)

Lateral Flyes (Shoulders)



(A)



(B)

Bent Flyes (Rear Shoulders)



(A)



(B)

Reverse Grip Pulldown (Back)



(A)



(B)

Front-Grip Pulldown (Back)



(A)



(B)

One-Arm Dumbbell Row (Back)



(A)

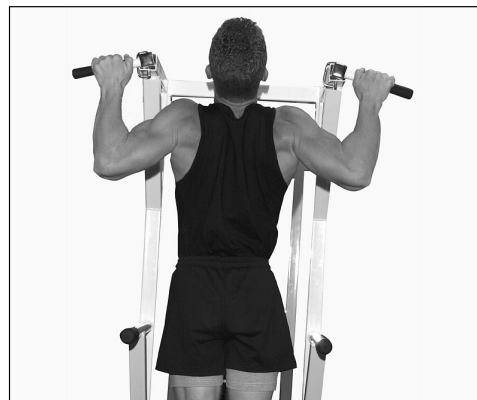


(B)

Pull-Ups/Chin-Ups (Back)



(A)



(B)

Towel Pull-Ups (Back)



(A)



(B)

Floor Crunch



(A)



(B)

Oblique Crunch



(A)



(B)

Bent-Knee Leg Raise



(A)



(B)

Side Crunch



(A)



(B)

Side Raise



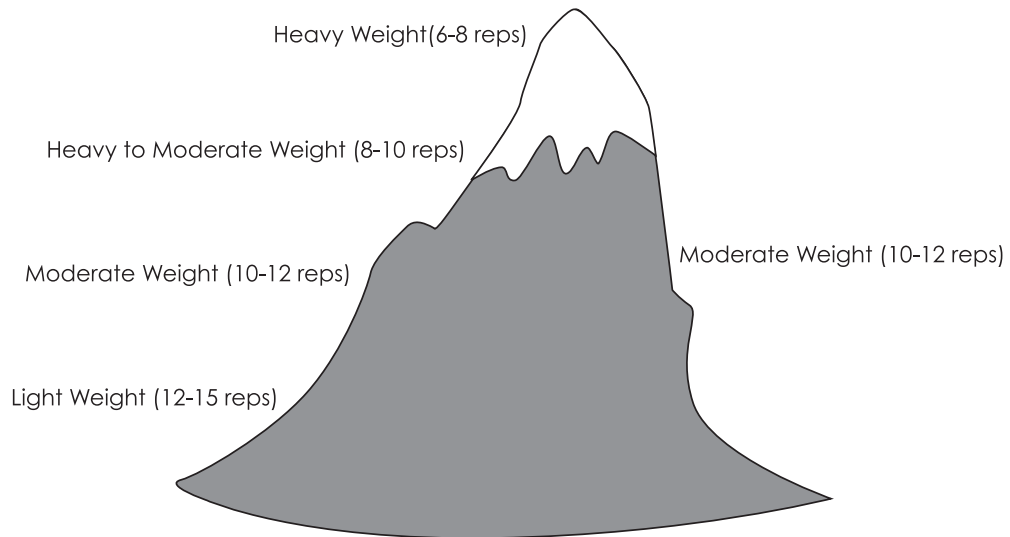
(A)



(B)

15 | RESISTANCE TRAINING PROGRAMS

Mountain Straight Sets



The Daily BBG Fitness Program

Body Parts: *Hamstrings, Quadriceps, Calves, glutes*

Real Date	Real Time	Intended Date	Intended Time by God
2/24/03	7 (A.M.)/P.M.	2/24/03	6:30 (A.M.)/P.M.

Types of Sets
 Legs: • Decline - D
 Upper Body: 15 - 5 reps
 12 - 5 reps
 • Pause - P
 12 - 0 reps
 12 - 0 reps
 • Mountain - M
 15 - 5 reps
 12 - 5 reps
 • Cycle - C
 15 - 6 reps
 12 - 6 reps
 • Monster Set - MO

Movements		Type of Set					Real		Intended	
Lower-Body Movements	D	P	M	C	MO	Reps	Weight	Reps	Weight	
1 Leg Squat	✓				✓	10, 8, 6	10, 5, 0	12, 10, 8	10, 5, 0	
w/Straight Leg Dead Lift		✓			✓	10, 8, 4, 2	30	12, 8, 4, 2	30	
1 Leg Calf Raise	✓					15, 12, 10	15, 5, 0	15, 12, 10	20, 10, 0	
Leg Extension		✓			✓	12, 10, 6, 2	50	15, 10, 6, 2	50	
w/ Hamstring Curl	✓				✓	12, 10, 8	50 , 40, 30	15, 12, 10	50 , 40, 30	
Seated Calf Raise	✓					15, 12, 10	50 , 40, 30	15, 12, 10	50 , 40, 30	
Lunge			✓			12, 10, 6, 10	0, 10, 20, 10	12, 10, 6, 10	0, 10, 20, 10	

10 Minutes

20 Minutes

30 Minutes

The Daily BBG Fitness Program

Body Parts: 1/2 Upper Body - 1 : Chest, Triceps, Biceps

Real Date	Real Time	Intended Date	Intended Time by God
2/24/03	7:45 (A.M.)/P.M.	2/24/03	7:15 (A.M.)/P.M.

Types of Sets
 Legs: • Decline - D 15 - 5 reps
 Upper Body: 12 - 5 reps
 • Pause - P 12 - 0 reps
 12 - 0 reps
 • Mountain - M 15 - 5 reps
 12 - 5 reps
 • Cycle - C 15 - 6 reps
 12 - 6 reps
 • Monster Set - MO

Movements		Type of Set					Real		Intended	
Upper-Body Movements		D	P	M	C	MO	Reps	Weight	Reps	Weight
Incline Dumbbell Flye Press		✓				✓	10, 6, 5	45, 35, 30	10, 8, 6	45, 35, 30
w/ Barbell Curl		✓				✓	12, 8, 6	65, 55, 45	12, 8, 6	65, 55, 45
Tricep Pushdown		✓					12, 10, 6	50, 40, 30	12, 10, 8	50, 40, 30
Flat Dumbbell Flye Press			✓			✓	8, 6, 4, 2	40	8, 6, 4, 2	40
w/ Hammer Curl			✓			✓	10, 6, 4, 2	30	10, 6, 4, 2	30
Bent Tricep Extension			✓				12, 8, 4, 1	15	12, 8, 4, 2	15
Incline Push-up			✓			✓	20, 12, 6, 2	-	20, 15, 10, 5	-
w/ Bicep Dumbell Curl			✓			✓	10, 5, 2, 1	25	10, 6, 4, 2	25
Reverse Dips			✓				12, 6, 3, 1	-	12, 6, 3, 2	-

10 Minutes

20 Minutes

30 Minutes

Body Parts: 1/2 Upper Body - 2 Shoulders, Back, Abdominals

The Daily BBG Fitness Program

Real Date	Real Time	Intended Date	Intended Time by God
2/24/03	8:30 (A.M.)/P.M.	2/24/03	8:00 (A.M.)/P.M.

Types of Sets

• Decline - D 15 - 5 reps 12 - 5 reps	• Pause - P 12 - 0 reps 12 - 0 reps	• Mountain - M 15 - 5 reps 12 - 5 reps	• Cycle - C 15 - 6 reps 12 - 6 reps	• Monster Set - MO
---	---	--	---	--------------------

Legs: Upper Body:

Movements	Type of Set					Real			Intended		
	D	P	M	C	MO	Reps	Weight		Reps	Weight	
Upper-Body Movements											
Reverse Grip Pildown	✓				✓	12, 10, 6	90, 80, 70		12, 10, 8	90, 80, 70	
w/ Military Press	✓				✓	12, 10, 8	40, 30, 20		12, 10, 8	40, 30, 20	
Crunch		✓				15, 10, 8, 5	-		15, 10, 8, 6	-	
Dumbell Row		✓			✓	10, 8, 6, 4	40		12, 10, 8, 6	40	
w/ Lateral Flye		✓			✓	12, 10, 8, 4, 2	20		10, 8, 4, 2	20	
Bent Leg Raise		✓				12, 8, 4, 2	-		12, 10, 8, 4, 2	-	
Pullups		✓			✓	8, 4, 2, 1	-		10, 8, 4, 2, 1	-	
w/ Bent Shoulder Flye		✓			✓	10, 8, 6, 2	20		10, 8, 6, 2	20	
Oblique Crunch		✓				20, 15, 10, 5, 2	-		20, 15, 10, 5, 2	-	

10 Minutes

20 Minutes

30 Minutes

Body Parts:

Body Parts:

Real Date	Real Time	Intended Date	Intended Time by God
.....	 A.M./P.M.		 A.M./P.M.

Types of Sets

Legs:

Upper Body:

- Decline - D
15 - 5 reps
12 - 5 reps

- Pause - **P**
12 - 0 reps
12 - 0 reps

- Mountain - M
15 - 5 reps
12 - 5 reps

- Cycle - C
15 - 6 reps
12 - 6 reps

- Monster Set - **MO**

[illegible]

10 Minutes

20 Minutes

30 Minutes

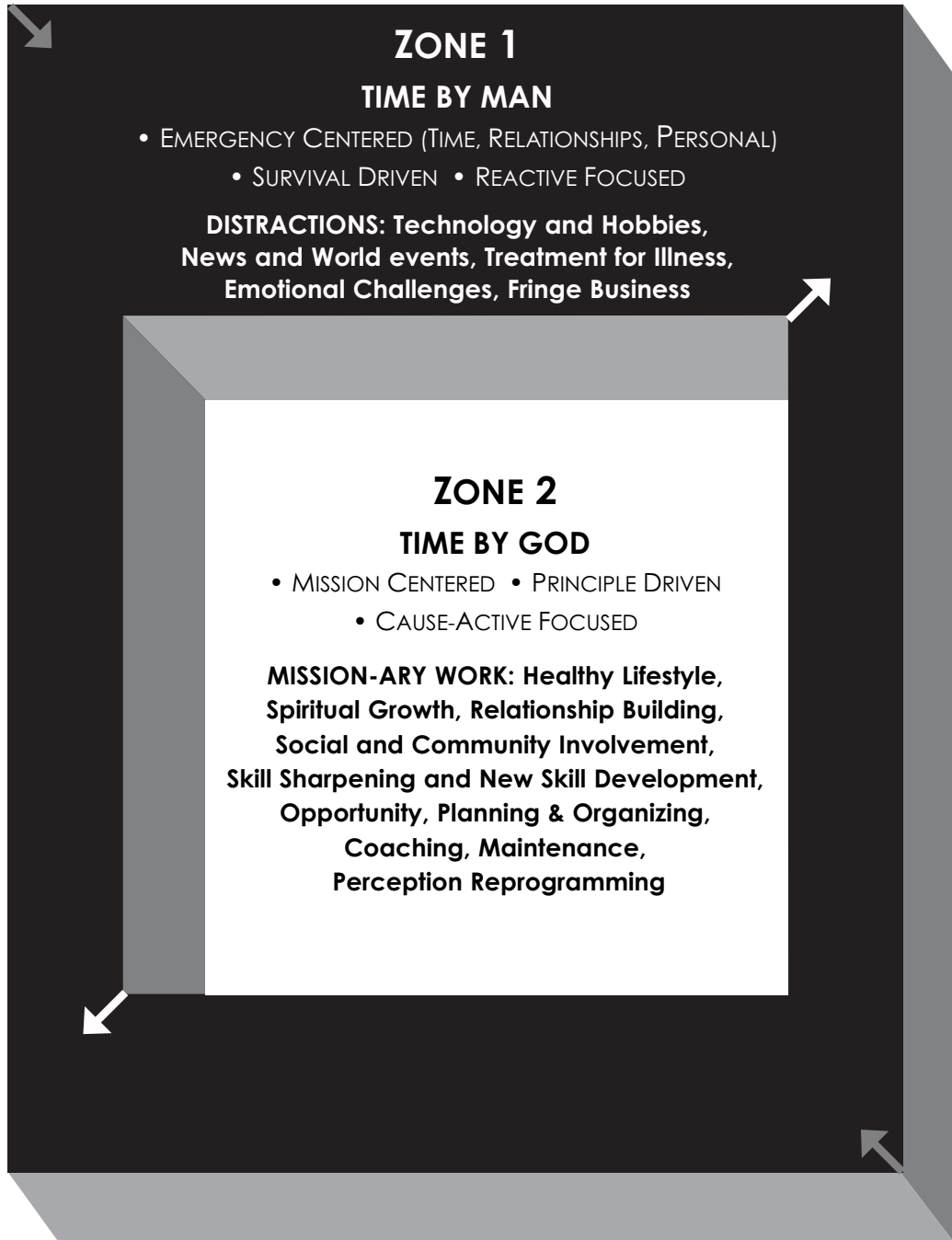
Body Parts:

Real Date	Real Time	Intended Date	Intended Time by God
.....	 A.M./P.M.		 A.M./P.M.

Types of Sets	•Decline - D	•Pause - P	•Mountain - M	•Cycle - C	•Monster Set - MO
Legs:	15 - 5 reps	12 - 0 reps	15 - 5 reps	15 - 6 reps	
Upper Body:	12 - 5 reps	12 - 0 reps	12 - 5 reps	12 - 6 reps	

[illegible]

19 | TIME BY AND FOR GOD



GENERALIZED TIME CHART—DR. BEN LERNER

MORNING/AFTERNOON									
Time:	5-6 A.M.	Time:	6-6:45 A.M.	Time:	6:45-11 A.M.	Time:	11 A.M.-1 P.M.	Time:	1-1:45 P.M.
Life:	Spiritual	Life:	Author	Life:	Doctor	Life:	Consultant	Life:	Health
AFTERNOON/EVENING									
Time:	2-6 P.M.	Time:	6-9 P.M.	Time:	9-10 P.M.	Time:	10 P.M.	Time:	
Life:	Doctor	Life:	Family	Life:	Lecturer	Life:	Sleep	Life:	
(SYL)					(SYL)		(SYL)		(SYL)
SOLID YELLOW LINE (SYL)									

GENERALIZED PERSONAL TIME CHART

MORNING/AFTERNOON				
Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:
AFTERNOON/EVENING				
Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:
(SYL)	(SYL)	(SYL)	(SYL)	(SYL)
SOLID YELLOW LINE (SYL)				

Time Chart - Dr. Ben Lerner

Morning / Afternoon					
Time: 5-6am	Time: 6-6:45am	Time: 6:45-11am	Time: 11am-1pm	Time: 1pm-1:45pm	
Life: Spiritual	Life: Author	Life: Doctor	Life: Consultant	Life: Health / Athlete	
Missionary Work: Spiritual Growth	Missionary Work: Spiritual, Social, & Community	Missionary Work: Social & Community, Organization & Planning	Missionary Work: Social & Community, Organization & Planning	Missionary Work: Healthy Lifestyle	
Prosperity Time: Prayer Time, Bible Time, Quiet Time	Prosperity Time: Working in mission	Prosperity Time: Working in Mission, Playbook Time	Prosperity Time: Goal-Setting, Time, Playbook Time	Special Time: Aerobic Time	
Afternoon / Evening					
Time: 2-6pm	Time: 6-9pm	Time: 9-10pm	Time: 10pm	Time:	
Life: Doctor	Life: Family	Life: Lecturer	Life: Sleep	Life:	
Missionary Work: Relationship Building	Missionary Work: Relationship Building	Missionary Work: Opportunity, Skill Sharpening- & New Skill Develop	Missionary Work:	Missionary Work:	
Prosperity Time: 1 on 1 with staff, special consults w/ patients	Prosperity Time: Inspiration Time (books/movies)	Prosperity Time: Launch Time Education Time	Prosperity Time: Prayer Time	Prosperity Time:	

(SYL)

(SYL)

(SYL)

(SYL)

SOLID YELLOW LINE (SYL)

Personal Time Chart

Morning / Afternoon				
Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:
Afternoon / Evening				
Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:
(SYL)	(SYL)	(SYL)	(SYL)	(SYL)
SOLID YELLOW LINE (SYL)				

Personal BBG 40-Day Plan Playbook

MONDAY

[illegible]

(SYL)
SOLID YELLOW LINE (SYL)

TUESDAY

[illegible]

(SYL) (SYL)
SOLID YELLOW LINE (SYL)

Personal BBG 40-Day Plan Playbook

WEDNESDAY

Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:

(SYL)

(SYL)

(SYL)

(SYL)

(SYL)

(SYL)

(SYL)

SOLID YELLOW LINE (SYL)

THURSDAY

Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:

(SYL)

(SYL)

(SYL)

(SYL)

(SYL)

(SYL)

(SYL)

SOLID YELLOW LINE (SYL)

Personal BBG 40-Day Plan Playbook

FRIDAY

Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:

(SYL) (SYL) (SYL) (SYL) (SYL) (SYL) (SYL)

SOLID YELLOW LINE (SYL)

SATURDAY

Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:	Special Time:

(SYL) (SYL) (SYL) (SYL) (SYL) (SYL) (SYL)

SOLID YELLOW LINE (SYL)

SUNDAY							
Time:		Time:		Time:		Time:	
Life:		Life:		Life:		Life:	
Missionary Work:		Missionary Work:		Missionary Work:		Missionary Work:	
Special Time:		Special Time:		Special Time:		Special Time:	

SOLID YELLOW LINE

(SYL) (SYL) (SYL) (SYL) (SYL) (SYL) (SYL)

EXTRA *BODY BY GOD* **CHARTS AND FORMS**

MORNING

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

Real Time

Intended Time by God

.....

..... A.M./P.M.

..... A.M./P.M.

Actual Food

Why You Ate/Drank?

Planned Food by God

Carbohydrate:

Carbohydrate:

Protein:

Protein:

Fat:

Fat:

Liquid:

Liquid:

Food by Man:

Food by Man:

How you felt after eating

How you felt 1-2 hours later

MIDDAY

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

Real Time

Intended Time by God

.....

..... A.M./P.M.

..... A.M./P.M.

Actual Food

Why You Ate/Drank?

Planned Food by God

Carbohydrate:

Carbohydrate:

Protein:

Protein:

Fat:

Fat:

Liquid:

Liquid:

Food by Man:

Food by Man:

How you felt after eating

How you felt 1-2 hours later

EVENING

BODY BY GOD UN-DIET

Nutrient Evaluation Form

Date

Real Time

Intended Time by God

.....

..... A.M./P.M.

..... A.M./P.M.

Actual Food

Why You Ate/Drank?

Planned Food by God

Carbohydrate:

Carbohydrate:

Protein:

Protein:

Fat:

Fat:

Liquid:

Liquid:

Food by Man:

Food by Man:

How you felt after eating

How you felt 1-2 hours later

PERSONAL AEROBIC ROUTINES

30-MINUTE CARDIOVASCULAR MOVEMENT
(+ 10 MINUTE WARM-UP/COOLDOWN = 40 MINUTE TOTAL)

FOR FAT BURNING

Name: _____

Age: _____

Gender: _____

ACTIVITY: _____

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate

MOVING ZONE LEVELS		FUR: _____	PER: _____	SUR: _____	
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)	
0:00	0:00	Resting Heart Rate (RHR)+	Mph/	RHR	
5:00	5:00	Below - FUR	Mph/		
7:00	2:00	Near - FUR	Mph/		
9:00	2:00	Nearer - FUR	Mph/		
14:00	5:00	First 1% - FUR	Mph/		
19:00	5:00	First 10% - FUR	Mph/		
24:00	5:00	First 50% - FUR	Mph/		
29:00	5:00	First 10% - FUR	Mph/		
32:00	3:00	First 1% - FUR	Mph/		
35:00	3:00	Near - FUR	Mph/		
40:00	5:00	Below - FUR - RHR+	Mph/		

PERSONAL AEROBIC ROUTINES

40-MINUTE CARDIOVASCULAR MOVEMENT
(+10 MINUTE WARM-UP/COOLDOWN= 50 MINUTE TOTAL)

FOR FAT BURNING AND IMPROVED PERFORMANCE

Name: _____

Age: _____

Gender: _____

ACTIVITY: _____

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate

MOVING ZONE LEVELS		FUR: _____	PER: _____	SUR: _____
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate (RHR)+	0Mph/ 0	
5:00	5:00	Below - FUR	Mph/	
7:00	2:00	Near - FUR	Mph/	
9:00	2:00	Nearer - FUR	Mph/	
11:00	2:00	First 1% - FUR	Mph/	
13:00	2:00	First 10% - FUR	Mph/	
15:00	2:00	First 10% - FUR	Mph/	
18:00	3:00	First 50% - FUR	Mph/	
21:00	3:00	Last 50% - FUR	Mph/	
25:00	4:00	First 50% - PER	Mph/	
29:00	4:00	First 50% - PER	Mph/	
33:00	4:00	Last 50% - PER	Mph/	
36:00	3:00	Last 50% - PER	Mph/	
39:00	3:00	PER - FUR	Mph/	
42:00	3:00	Last 50% - FUR	Mph/	
45:00	3:00	First 50% - FUR	Mph/	
50:00	5:00	First 10% - FUR - RHR +	Mph/	

PERSONAL AEROBIC ROUTINES

40-MINUTE CARDIOVASCULAR MOVEMENT
(+ 10 MINUTE WARM-UP/COOLDOWN= 50 MINUTE TOTAL)

FOR FAT BURNING AND SPORTS/PEAK PERFORMANCE

Name: _____

Age: _____

Gender: _____

ACTIVITY: _____

WARNING - Before you begin: Never start an exercise program without first consulting your physician. Those with a personal history of heart disease, high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate

MOVING ZONE LEVELS		FUR: _____	PER: _____	SUR: _____
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate+	0Mph 0	
5:00	5:00	Below - FUR	Mph	
7:00	2:00	Near - FUR	Mph	
9:00	2:00	Nearer - FUR	Mph	
11:00	2:00	First 1% - FUR	Mph	
13:00	2:00	First 50% - FUR	Mph	
15:00	2:00	First 50% - PER	Mph	
17:00	2:00	SUR	Mph	
19:00	2:00	PER - FUR	Mph	
21:00	2:00	PER	Mph	
24:00	3:00	SUR	Mph	
26:00	2:00	PER - FUR	Mph	
28:00	2:00	PER	Mph	
32:00	4:00	SUR	Mph	
34:00	2:00	PER - FUR	Mph	
36:00	2:00	PER	Mph	
41:00	5:00	SUR	Mph	
45:00	4:00	PER - FUR	Mph	
50:00	5:00	FUR - RHR+	Mph	

Body Parts:

Body Parts:

Real Date	Real Time	Intended Date	Intended Time by God
.....	 A.M./P.M.		 A.M./P.M.

- Decline - D
15 - 5 reps
12 - 5 reps

- Pause - P
12 - 0 reps
12 - 0 reps

- Mountain - M
15 - 5 reps
12 - 5 reps

- Cycle - C
15 - 6 reps
12 - 6 reps

- Monster Set - **MO**

[illegible]

30 Minutes

Body Parts:

..... A.M./P.M. A.M./P.M.

- Mountain - **M**
15 - 5 reps
12 - 5 reps
- Cycle - **C**
15 - 6 reps
12 - 6 reps

[illegible]

30 Minutes

GENERALIZED PERSONAL TIME CHART

MORNING/AFTERNOON				
Time:		Time:		Time:
Life:		Life:		Life:
AFTERNOON/EVENING				
Time:		Time:		Time:
Life:		Life:		Life:
(SYL)		(SYL)	(SYL)	(SYL)
SOLID YELLOW LINE (SYL)				

Personal Time Chart

Morning / Afternoon				
Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:
Afternoon / Evening				
Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:	Missionary Work:
Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:	Prosperity Time:

(SYL)

(SYL)

(SYL)

(SYL)

SOLID YELLOW LINE (SYL)