

A PDF COMPANION TO THE AUDIOBOOK

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

The U	n-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	E M-HIGH M-HIGH	

Nutrient Evaluation Form	Intended Time by God	6:30 (A.M.)/P.M.	c? Planned Food by God	not Frvit, Oatmeal, Honey	Protein: 1 Whole Eag	Fat: Crushed Flax seeds, Eag yolk	Liquid: 2 Glasses of Water	Food by Man:	
BODY BY GOD UN-DIET	Pool Time	7	Why You Ate/Drank?	Because it was time to eat, not necessarily because I was hungry					How you felt 1-2 hours later Coming down off the coffee
MORNING	etoc	2/24/03	Actual Food	Carbohydrate: Raisins, Oatmeal, Honey	Protein: 1 Whole Eag	Fat:	Liquid: 1 Calass of Water	Food by Man: Coffee, milk	How you felt after eating Glood, but buzzed from coffee

Nutrient Evaluation Form
BODY BY GOD UN-DIET
MIDDAY

Food salad, broccoli wa tressing	Real Time 1.2. A.M. (P.M.) Why You Ate/Drank? Very hungry (needed late morning snack) so I ate bread	Intended Time by God 12:30 A.M./P.M. Planned Food by God Carbohydrate: Jasmine rice, salad, broccoli 1 Can of Tuna Fat: Olive oil in dressing. Liquid: 2 Calasses of Water
Food by Man: Led Tea, Diet Coke, Bread, Sunflower oil in dressing (Bad Fat) How you felt after eating Hi Light & Energetic Factorial of the state The state of the s	How you felt 1-2 hours later Navscovs from diet coke Fuzzy from all the caffeine	Food by Man: led Tea, Sunflower oil in dressing (Bad Fat)

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BODY BY GOD UN-DIET

Date	Real Time	Intended Time by God
2/24/03	6:30 A.M.(P.M)	6:30 A.M.(P.M)
Actual Food	Why You Ate/Drank?	Planned Food by God
Carbohydrate: Sələd, Zucchini	Hungry just the right amount to make a	Carbohydrate: Sələd, Zucchini
Protein: 1/2 Chicken breast/thigh	sensible decision on what to eat	Protein: 1/2 Chicken breast/thigh
Fat: Avocado, Olive oil dressing		Fat: Avocado, Olive oil dressing
Liquid: 2 Galasses of Water		Liquid: 2 Galasses of Water
Food by Man: None		Food by Man: None
How you felt after eating Full but Light	How you felt 1-2 hours later Normal	

MORNING

BODY BY GOD UN-DIET

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	

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BODY BY GOD UN-DIET

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

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.

EXAMPLE AEROBIC ROUTINES

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

FOR FAT BURNING

Name: Rachel Cheginner with knee injury?
Age: 50
Gender: Female

ACTIVITY: Stationary BIKE

Gender: Female

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.

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FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate

HEART RATE RHR 75-80 (Real) 110-115 100-110 115-105 105-95 001-56 85-90 56-06 06-56 80-85 08-06 144-161 SUR: SPEED/INCLINE OR LEVEL/RPM 1/60-65 1/65 1/75 2/80 3/85 4/85 3/85 2/75 1/70 1/80 PER: 127-144 (-10) Resting Heart Rate (RHR)+ Below - FUR - RHR+ First 10% - FUR First 50% - FUR First 10% - FUR **HEART RATE** First 1% - FUR First 1% - FUR Nearer - FUR Below - FUR Near - FUR Near - FUR FUR: 94-127 (-10) Per Stage) 5:00 5:00 5:00 5:00 2:00 5:00 5:00 3:00 3:00 Elapsed) 14:00 19:00 24:00 29:00 32:00 35:00 40:00 MOVING ZONE LEVELS 0:00 5:00 2:00 9:00

EXAMPLE AEROBIC ROUTINES

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

FOR FAT BURNING AND IMPROVED PERFORMANCE

Name: Moses

Age:

ACTIVITY: Running

Gender: Male

SUR - Sugar-Utilization Rate

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: 153-171	HEART RATE (Real)	RHR 72-75	08-5£	<i>58-0</i> 8	06-58	66-56	011-66	011-66	111-011	551-111	135-145	135-145	145-153	153-145	145-135	171-251	66-111	52-66
ns -	SPEED	O/O Mph	ج-۶ ک	4-4.5 Mph	S Mph	5-5.5 Mph	5.5 Mph	5.5 Mph	5.5 Mph	6 Mph	6 Mph	6.5 Mph	6.5 Mph	6.5 Mph	6 Mph	6 Mph	5.5 Mph	55-3 Mnh
PER: 135-153	HEART RATE	Resting Heart Rate (RHR)+	Below - FUR	Near - FUR	Nearer - FUR	First 1% - FUR	First 10% - FUR	First 10% - FUR	First 50% - FUR	Last 50% - FUR	First 50% - PER	First 50% - PER	Last 50% - PER	Last 50% - PER	PER - FUR	Last 50% - FUR	First 50% - FUR	First 10% - FLIB - RHB +
FUR: _99-135	TIME (Per Stage)	00:00	2:00	2:00	2:00	2:00	2:00	2:00	3:00	3:00	4:00	4:00	4:00	3:00	3:00	3:00	3:00	5.00
MOVING ZONE F	TIME (Elapsed)	0:00	2:00	7:00	00:6	11:00	13:00	15:00	18:00	21:00	25:00	29:00	33:00	36:00	39:00	42:00	45:00	50.00

EXAMPLE AEROBIC ROUTINES

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

FOR FAT BURNING AND SPORTS/PEAK PERFORMANCE

Name: Fampson (Experienced Runner)
Age: 40
Gender: Ma

Gender: Male

SUR - Sugar-Utilization Rate

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.

ACTIVITY: Running

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

MOVING ZONE F	FUR: _99-135 (+10)	PER: 135-153 (+10)		SUR: 53-171
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
2:00	5:00	Below - FUR	3-3.5 Mph/ 0	75-80
2:00	2:00	Near - FUR	4-5 Mph/ 0	80-85
00:6	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	₹ Mph/ Ş	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	₹ Mph/ Ş	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	ج Mph/ ج	145-163
41:00	2:00	SUR	8.5 Mph/ 4	163-171
45:00	4:00	PER - FUR	7-6 Mph/ 3-2	171-127
20:00	5:00	FUR - RHR+	5.5 Mph/ 3-0	127-72+

PERSONAL AEROBIC ROUTINES

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

FOR FAT BURNING

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.

Name:

Age:

ACTIVITY:

Gender:

PER - Performance Enhancement Rate

FUR - Fat-Utilization Rate

SUR - Sugar-Utilization Rate

MOVING ZONE F	FUR:	PER:	sur:_	R:
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
2:00	2:00	Below - FUR	Mph/	
7:00	2:00	Near - FUR	Mph/	
6:00	2:00	Nearer - FUR	Mph/	
14:00	2:00	First 1% - FUR	Mph/	
19:00	2:00	First 10% - FUR	Mph/	
24:00	2:00	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

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

FOR FAT BURNING AND IMPROVED PERFORMANCE

Name:

Age:

Gender:

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

SUR - Sugar-Utilization Rate

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 70NF		4		
	FUK:	PEK:	- SUK:	¥:
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate (RHR)+	OMph/O	
2:00	2:00	Below - FUR	Mph/	
2:00	2:00	Near - FUR	Mph/	
00:6	2:00	Nearer - FUR	,daM	
11:00	2:00	First 1% - FUR	/daM	
13:00	2:00	First 10% - FUR	,4aM	
15:00	2:00	First 10% - FUR	/4aW	
18:00	3:00	First 50% - FUR	/daM	
21:00	3:00	Last 50% - FUR	Mah/	
25:00	4:00	First 50% - PER	/daM	
29:00	4:00	First 50% - PER	/daM	
33:00	4:00	Last 50% - PER	/daW	
36:00	3:00	Last 50% - PER	/daW	
39:00	3:00	PER - FUR	/daM	
42:00	3:00	Last 50% - FUR	Mph/	
45:00	3:00	First 50% - FUR	Mph/	
50:00	2:00	First 10% - FUR - RHR +	Mph/	

PERSONAL AEROBIC ROUTINES

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

FOR FAT BURNING AND SPORTS/PEAK PERFORMANCE

Name:

Age:

Gender:

ACTIVITY:

SUR - Sugar-Utilization Rate

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

MOVING ZONE LEVELS	FUR:	PER:	ns –	SUR:
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate+	OMph O	
2:00	2:00	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	2:00	SUR	Mph	
45:00	4:00	PER - FUR	Mph	
20:00	5.00	HIB - BHB	Mnh	

13 | FOR HEALTHY MUSCLES, YOU MUST RESIST



Hamstring Stretch

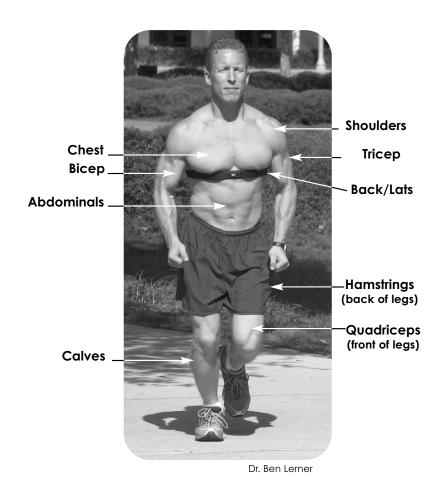


Calf Stretch



Front of Neck Stretch

14 | RESISTANCE EXERCISES



One-Legged Squat (Quadriceps, Hamstrings, Glutes)





Lunges (Quadriceps, Hamstrings, Glutes)





Leg Extension (Quadriceps)





Dave Phillips

Leg Curl (Hamstrings)





Vicki Phillips

Dumbbell Hamstring Curl





(B)

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





Abduction (Outer Thigh)





Adduction (Inner Thigh)





One-Legged Calf Raise (Calves)





Seated Calf Raise (Calves)

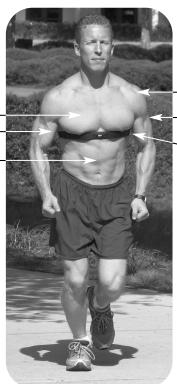




(B)



Chest — Bicep — Abdominals —



-Shoulders

Tricep

Back/ Lats

Incline Dumbbell Flye Press (Chest, Shoulders, Triceps)





Flat Dumbbell Flye Press (Chest, Shoulders, Triceps)



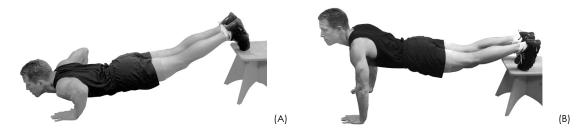


Incline Flyes (Chest)

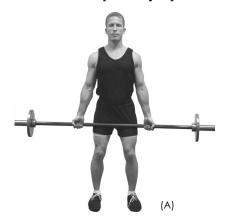




Incline or Flat Push-Up (Chest, Shoulders, Triceps)



Barbell Curl (Biceps)





Dumbbell Curl (Biceps)





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)



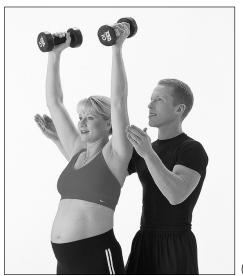


(B

Dumbbell Shoulder Press (Shoulders, Also Assisted by Triceps)







(B)

Lateral Flyes (Shoulders)





B)

Bent Flyes (Rear Shoulders)





Reverse Grip Pulldown (Back)





Front-Grip Pulldown (Back)





(B)

One-Arm Dumbbell Row (Back)





(B)

Pull-Ups/Chin-Ups (Back)





Towel Pull-Ups (Back)





Floor Crunch





(B)

Oblique Crunch





Bent-Knee Leg Raise





Side Crunch





(0)

Side Raise

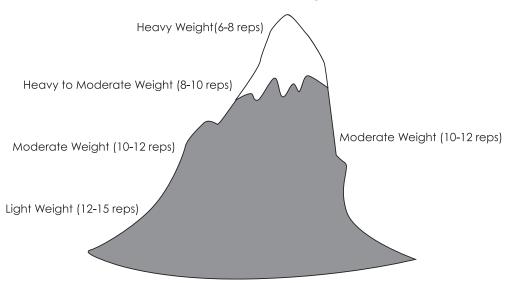




(B

15 | RESISTANCE TRAINING PROGRAMS

Mountain Straight Sets



M)/P.M.	OW -	ded	Weight	10, 5, 0	30	20, 10, 0		20	50, 40, 30	50, 40, 30		0, 10, 20, 10				
6:30 A.	• Monster Set	Inten	Reps	12, 10, 8	12, 8, 4, 2	15, 12, 10		15, 10, 6, 2	15, 12, 10	15, 12, 10		12, 10, 6,10				
	•Cycle - C 15 - 6 reps 12 - 6 reps		Weight	10, 5, 0	30	15, 5, 0		20	50, 40, 30	50, 40, 30		0, 10, 20, 10				
2/24/03	• Mountain - M 15 - 5 reps 12 - 5 reps	Red	Reps	9 '8 '01	10, 8, 4, 2	15, 12, 10		12, 10, 6, 2	12, 10, 8	15, 12, 10		12, 10, 6, 10				
	e - P reps	of Set	C WO	>	>			>	>							
A.M./P	•Paus 12 - 0 12 - 0	Туре	d	_	>	`		>	>	>		, -				
	Types of Sets • Decline - D Legs: 15 - 5 reps Upper Body: 12 - 5 reps	Movements	Lower-Body Movements	1 Leg Squat	W/Straight Leg Dead Lift	1 Leg Calf Raise		Leg Extension	w/ Hamstring Curl	Seated Calf Raise		Lunge				
	2/24/03	• Decline - D • T • T • Decline - D • T • T • T • T • T • T • T •	• Decline - D • Pause - P 15 - 5 reps 7: 12 - 5 reps 7: 12 - 5 reps 7: 12 - 6 reps 7: 12 -	• Decline - D • Decline - D • T • Decline - D • Pause - P 15 - 5 reps y: 12 - 5 reps /ements dy Movements D P M C	Types of Sets • Decline - D	Types of Sets • Decline - D • Pause - P Legs: 12 - 5 reps 12 - 0 reps Upper Body: 12 - 5 reps 12 - 0 reps 12 - 0 reps 12 - 6 reps 13 reps 14 reg. Sayat	Types of Sets - C/2.4/C/2 Types of Sets - Decline - D - Pause - P 12 - 0 reps 12 - 0 reps 12 - 0 reps Novements Type of S Leg. Squat W/Shaight Leg. Dead Lift 1 Leg. Squat 1 Leg. Squat	Decline - D	Types of Sets - C-2.4/C-3 Types of Sets - Decline - D - Pause - P 12 - 0 reps 12 - 0 reps 12 - 0 reps 12 - 0 reps NOVEMENTS 12 - 0 reps 13 - 0 reps 14 - 0 reps 15 - 0 reps 16 - 0 reps 17 - 0 reps 17 - 0 reps 17 - 0 reps 18 - 0 reps 1	Types of Sets - Decline - D - Pause - P Legs: 12 - 5 reps Upper Body: 12 - 5 reps Upper Body: 12 - 5 reps Lower-Body Movements - W/Straight Leg Dead Lift - Leg Extension - W/ Hamstring Curl	Types of Sets Obecline - D • Pause - P • Mountain - M • Cycle - C • Mountain - M • Mountain - M • Cycle - C • Mountain - M • Cycle - C • Mountain - M • Cycle - C • Mountain - M • Mountain - M	Types of Sets Decline - D • Pause - P • Mountain - M • Cycle - C • Monster Set - Es reps Legs: Upper Body: 12 - 5 reps Upper Body: 12 - 5 reps 12 - 6 reps 12 - 6 reps 15 - 6 reps 15 - 6 reps Movements I ype of Set Movements I Lower-Body Movements I Leg Squat Vishaght Leg Dead Lift V 10, 8, 6 10, 5, 0 12, 10, 8 1 Leg Squat Vishaght Leg Dead Lift V 10, 8, 4, 2 30 12, 10, 8 1 Leg Extension V 12, 10, 6, 2 50 15, 12, 10 W/ Hamstring Curl V 12, 10, 6, 2 50 15, 12, 10 Scarted Calf Raise V 12, 10, 8 50, 40, 30 15, 12, 10 V 15, 12, 10 15, 12, 10 15, 12, 10	Types of Sets • Decline -	Types of Sets • Decline - D • Pause - P • Mountain - Mountain - M • Cycle - C • Monster Set - Exposure - P • Mountain - M • Mountain - M • Cycle - C • Monster Set - Exposure - P • Mountain - M • Mountain - M • Cycle - C • Monster Set - Exposure - P • Mountain - M • Cycle - C • Mountain - M • Cycle - C • Mountain - M • Cycle - C • Mountain - Cycle - Cycle - Cycle - Cycle - C • Mountain - Cycle - C • Mounta	1 Leg Swat Nowerments Nowerm	Types of Sets Pause - Paus

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	Body Parts
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The Daily BBG Fitness Program

Intended Time by God	7:15 (A.M.)/P.M.	- C • Monster Set - MO eps eps
(I)		• Cycle - C 15 - 6 reps 12 - 6 reps
Intended Date	2/24/03	•Mountain - M 15 - 5 reps 12 - 5 reps
Real Time	7:45 (A.M)/P.M.	• Pause - P 12 - 0 reps 12 - 0 reps
Rec	7:45	•Decline - D 15 - 5 reps 12 - 5 reps
ate		
Real Date	2/24/03	Types of Sets Legs: Upper Body:

	Movements	IV IV	96	of	Type of Set	Re	Real	Inter	Intended
	Upper-Body Movements		_	<u> </u>	P M C MO	Reps	Weight	Reps	Weight
sə	Incline Dumbell Flye Press	>			>	10, 6, 5	45, 35, 30	9 '8 '01	05 '55 '54
ţ∩u	w/ Barbell Curl	>			>	12, 8, 6	92' 22' 42	12, 8, 6	54 '55 '59
!W (Tricep Pushdown	>	\vdash			12, 10, 6	50, 40, 30	12, 10, 8	50, 40, 30
JC									
se	Flat Dumbell Flye Press	<u> </u>	H		>	8, 6, 4, 2	40	8, 6, 4, 2	94
μnu	w/ Hammer Curl	>	_		>	10, 6, 4, 2	20	10, 6, 4, 2	30
!W (Bent Triced Extension	<u> </u>				12. 8. 4. 1	15	12.8.4.2	51
SC	-								
sə.	Incline Push-up	>	Ļ		>	20, 12, 6, 2	l	20, 15, 10, 5	-
ţ∩uị	w/ Bicep Dumbell Curl	<u> </u>	_		>	10, 5, 2, 1	52	10, 6, 4, 2	57
W C	Reverse Dips	<u> </u>	Ļ			12, 6, 3, 1	l	12, 6, 3, 2	
3(

The Daily BBG Fitness Program
1/2 Upper Body - 2 : Shoulders, Back, Abdominals
Body Parts:

keal Date	_	Keal lime	Intended Date	_	Intended lime by God
2/24/03	8:30		2/24/03		8:00 (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
Movements	o to	Tyne of Set	Pool 1		

	Movements	Ty	90	Of	Type of Set		Real	Intended	ıded
	Upper-Body Movements	Q	P /	8	D P M C MO	O Reps	Weight	Reps	Weight
sə	Reverse Gurip Pulldown	>			>	12, 10, 6	02 '08 '06	12,10,8	02 '08 '06
ţ∩u	w/ Military Press	>			>	12, 10, 8	40, 30, 20	12, 10, 8	40, 30, 20
!W (Crunch	Ĺ	>			15, 10, 8, 5	l	15, 10, 8, 6	ι
Οl									
sə	Dumbell Row		>		>	10, 8, 6, 4	40	12, 10, 8, 6	40
μnu	w/ Lateral Flye		>		>	√ 12,10, 8, 4, 2	20	10, 8, 4, 2	20
!W (Bent Leg Raise	_	>			12, 8, 4, 2	(12,10, 8, 4, 2	ľ
SC	Ò								
sə	Pullups	Ĺ	>		>	8, 4, 2, 1	l	10, 8, 4, 2,1	l
tuni	w/ Bent Shoulder Flye		>		>	10, 8, 6, 2	20	10, 8, 6, 2	20
W C	Oblique Grunch		>			20, 15, 10, 5, 2	,	20, 15, 10, 5, 2	l
3	•								

The Daily BBG Fitness Program	e by God	.M./P.M.	W -	Intended	Weight													
G Fitnes	nded Tim	A.M./P.M.	• Monster Set - MO	Inter	Reps													
Daily BB	e Inte		• Cycle - C 15 - 6 reps 12 - 6 reps		Weight													
The	Intended Date Intended Time by God		• Mountain - M 15 - 5 reps 12 - 5 reps	Real	Reps													
	al Time	A.M./P.M.	• Pause - P 12 - 0 reps 12 - 0 reps	Type of Set	D P M C MO													
Body Parts:	Real Date Re		Types of Sets • Decline - D Legs: 15 - 5 reps Upper Body: 12 - 5 reps	Movements	Lower Body Movements													
Body			<u></u>			çə.	ınui	W () l	se	ηnu	!W (50	sə.	tuni	W 0'	ε	

Program	by God	л./Р.М.	OW:	ded	Weight													
3G Fitness	Intended Time by God	A.M./P.M.	• Monster Set - MO	Intended	Reps													
The Daily BBG Fitness Program			•Cycle • C 15 - 6 reps 12 - 6 reps	F	Weight													
Th	Intended Date		•Mountain - M 15 - 5 reps 12 - 5 reps	Real	Reps													
	al Time In	A.M./P.M.	•Pause - P 12 - 0 reps 12 - 0 reps	Type of Set	P M C MO													
	Real		•Decline - D 15 - 5 reps 12 - 5 reps		vements D													
Body Parts:	Real Date		Types of Sets Legs: Upper Body:	Movements	Upper-Body Movements													
Bod			Ţ			şəţ	iuni/	W ()l	se	ı∤∩u	!W (SC	sə	luni	W 0	3	

ZONE 1

TIME BY MAN

- EMERGENCY CENTERED (TIME, RELATIONSHIPS, PERSONAL)
 - SURVIVAL DRIVEN REACTIVE FOCUSED

DISTRACTIONS: Technology and Hobbies, News and World events, Treatment for Illness, Emotional Challenges, Fringe Business

ZONE 2 TIME BY GOD

- MISSION CENTERED PRINCIPLE DRIVEN
 - Cause-Active Focused

MISSION-ARY WORK: Healthy Lifestyle,
Spiritual Growth, Relationship Building,
Social and Community Involvement,
Skill Sharpening and New Skill Development,
Opportunity, Planning & Organizing,
Coaching, Maintenance,
Perception Reprogramming

SCHEDULING A BETTER LIFE 21

GENERALIZED TIME CHART—DR. BEN LERNER

	W	MORNING/AFTERNOON	NOC	
Time: 5-6 A.M.	Time: 6-6:45 A.M.	Time: 6:45-11 A.M.	11 A.M1 P.M.	Time: 1-1:45 P.M.
Life: Spiritual	Life: Author	Life: Doctor		Life: Health
	A	AFTERNOON/EVENING	NG	
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:
	-		-	
s)	(SYL) (SYL)	(SYL)	(SYL)	(2)

SOLID YELLOW LINE (SYL)

GENERALIZED PERSONAL TIME CHART

APPLYING YOUR MISSION WORK

Time Chart - Dr. Ben Lerner

		V	Morning / Affernoon	uc	
Time: 5-6am	Time: 6−6:45am	Jam.	Time: 6:45-11am	Time: 11am-1pm	Time: 1pm-1:45pm
Life: Spiritual	Life: Author	J(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: Rayer Time, Bible Time, Quiet Time	Prosperity Time: Working in n	míssíon	Prosperity Time: Working in Mission, Playbook Time	Prosperity Time: Goal-Setting. Time, Playbook Time	Special Time: Aerobíc Time
		A	Afternoon / Evening	<u> </u>	
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 Bu	Building	Missionary Work: Opportvnity, 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)	ž Š	Prosperity Time: Launch Time Education Time	Prosperity Time: Frayer Time	Prosperity Time:
(S)	(SYL)	(SAL)		(SYL)	(SYL)

(SYL)
SOLID YELLOW LINE (SYL)

Personal Time Chart

	N	Morning / Affernoon	n	
IIme:	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:
	A	Affernoon / Evening	j j	
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) SOLID YELLOW LINE (SYL)	(SYL) (SYL)	(1) (2)	(3,1,1)	עז)

SOLID YELLOW LINE (SYL)

23 | THE BODY BY GOD 40-DAY PLANS

Personal BBG 40-Day Plan Playbook

				MON	MONDAY				
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:	Special Time:
SOLID YELLO	(SYL) (SYL) (SYL) (SYL)	(SYL) (S)	(3A1)	s) (1 _{AS})	(S) (JAS)	(SAL) (SY	s) (1AS)	s) (3AF)	(SYL)

				TUES	TUESDAY				
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:	Special Time:
(SYL) SOLID YELLOW LINE (SYL)	(SYL) (SYL) LLOW LINE (SYL)	(SYL)	(SYL)		(3AL) (3YL)		(S) (S)	(2Ar)	(SYL)

Personal BBG 40-Day Plan Playbook

				WEDN	WEDNESDAY				
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:
(S) SOLID YELLO	(SYL) (SYL) (SY SOLID YELLOW LINE (SYL)	(SYL) (SYL)	(SYL)		(SYL) (SY	(S) (SAL)	(3A1)	(SYL) (SYL)	(SYL)

				THUR	THURSDAY				
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:	Special Time:
(S) SOLID YELLO	(SYL) (SYL) (SYS) (SYL)	(SYL) (SY	(3A1) (3A1)		(3,17) (3,17)		(3) (3)	(2A1)	(SYL)

Personal BBG 40-Day Plan Playbook

				FRID	FRIDAY				
Time:	Time:	Time:	Iime:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:	Special Time:
(S) SOLID YELLO	(SYL) (SYL) (SY SOLID YELLOW LINE (SYL)	(SYL) (SYL)	(SYL)		(3,41) (3,41)	(2XL) (SYL)		(3YL)	(SYL)

				SATU	SATURDAY				
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:	Special Time:
(SYL) SOLID YELLOW LINE (SYL)		(3,11) (3,11)	(SAF)		(3A1)	(S) (SAF)	(3) (3)	(2A1)	(SYL)

Personal BBG 40-Day Plan Playbook

				SUN	SUNDAY				
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:	Life:
Missionary Work:	Missionary Work:	Missionary Work:	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:	Special Time:	Special Time:	Special Time:	Special Time:
SOLID YELLO	(SYL) (SYL) (SYL) SOLID YELLOW LINE (SYL)	(SYL) (SYL)	(1) (SYL)		(SYL) (SYL)	(SYL) (SYL)	(3,4,1)	(SAL)	(SYL)

EXTRA BODY BY GOD CHARTS AND FORMS

	JITIENT EVAIUATION I
	OD ON-DIEI
	MAN

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

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

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

FOR FAT BURNING

WARNING - Before you begin: Never start an exercise program without first

high blood pressure, high cholesterol, cancer, diabetes, or who smoke or are overweight should begin exercising with professional supervision.

Name:

Age:

Gender:

SUR - Sugar-Utilization Rate

FUR - Fat-Utilization Rate

PER - Performance Enhancement Rate

MOVING ZONE FLEVELS	FUR:	PER:	าร —	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
2:00	2:00	Below - FUR	Mph/	
7:00	2:00	Near - FUR	Mph/	
00:6	2:00	Nearer - FUR	Mph/	
14:00	2:00	First 1% - FUR	Mph/	
19:00	2:00	First 10% - FUR	Mph/	
24:00	2:00	First 50% - FUR	Mph/	
29:00	2:00	First 10% - FUR	Mph/	
32:00	3:00	First 1% - FUR	Mph/	
35:00	3:00	Near - FUR	Mph/	
40:00	2:00	Below - FUR - RHR+	Mph/	

PERSONAL AEROBIC ROUTINES

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

FOR FAT BURNING AND IMPROVED PERFORMANCE

Name:

Age:

Gender:

SUR - Sugar-Utilization Rate

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

MOVING ZONE FEVELS	FUR:	PER:	SUR:	R:
TIME (Elapsed)	TIME (Per Stage)	HEART RATE	SPEED/INCLINE OR LEVEL/RPM	HEART RATE (Real)
0:00	0:00	Resting Heart Rate (RHR)+	OMph/O	
2:00	2:00	Below - FUR	Mph/	
2:00	2:00	Near - FUR	Mph/	
9:00	2:00	Nearer - FUR	Mph/	
11:00	2:00	First 1% - FUR	Mah/	
13:00	2:00	First 10% - FUR	/laM	
15:00	2:00	First 10% - FUR	/uaM	
18:00	3:00	First 50% - FUR	Mah/	
21:00	3:00	Last 50% - FUR	/laM	
25:00	4:00	First 50% - PER	/daM	
29:00	4:00	First 50% - PER	/daM	
33:00	4:00	Last 50% - PER	/daM	
36:00	3:00	Last 50% - PER	/\dW	
39:00	3:00	PER - FUR	/laM	
42:00	3:00	Last 50% - FUR	Mph/	
45:00	3:00	First 50% - FUR	Mph/	
00.01	00.1	<u></u>	/ ~! ~. / N	

PERSONAL AEROBIC ROUTINES

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

FOR FAT BURNING AND SPORTS/PEAK PERFORMANCE

Name:

Age:

ACTIVITY:

Gender:

PER - Performance Enhancement Rate

FUR - Fat-Utilization Rate

SUR - Sugar-Utilization Rate

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.

R:	HEART RATE (Real)																			
SUR: _	SPEED/INCLINE OR LEVEL/RPM	OMph O	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph	Mph
PER:	HEART RATE	Resting Heart Rate+	Below - FUR	Near - FUR	Nearer - FUR	First 1% - FUR	First 50% - FUR	First 50% - PER	SUR	PER - FUR	PER	SUR	PER - FUR	PER	SUR	PER - FUR	PER	SUR	PER - FUR	FUR - RHR+
FUR:	TIME (Per Stage)	0:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	3:00	2:00	2:00	4:00	2:00	2:00	2:00	4:00	2:00
MOVING ZONE	TIME (Elapsed)	0:00	2:00	7:00	9:00	11:00	13:00	15:00	17:00	19:00	21:00	24:00	26:00	28:00	32:00	34:00	36:00	41:00	45:00	20:00

The Daily BBG Fitness Program	e by God	nster Set - MO	Intended s weight												
3G Fitnes	anded Tim	A.M./P. • Monster Set - MO	Inter												
e Daily BE	te Inte	• Cycle - C 15 - 6 reps 12 - 6 reps													
The	Intended Date Intended Time by God	• Mountain - M 15 - 5 reps 12 - 5 reps	Red Red												
		• Pause - P 12 - 0 reps 12 - 0 reps	Type of Set												
	Rec	• Decline - D 15 - 5 reps 12 - 5 reps	ments Movements												
Body Parts:	Real Date	Types of Sets Legs: Upper Body:	Movements Lower Body Movements												
				tes	uniM	01	sə	hut	!W (50	sə	tuni	W 0	3	

The Daily BBG Fitness Program	Intended Time by God	N.M./P.M.	ot - MO	Intended	Weight													
G Fitnes	nded Tin	AM./P.M.	• Monster Set - MO	Inte	Reps													
Daily BE			• Cycle - C 15 - 6 reps 12 - 6 reps		Weight													
The	Intended Date		•Mountain - M 15 - 5 reps 12 - 5 reps	Real	Reps													
	Real Time	A.M./P.M.	• Pause - P 12 - 0 reps 12 - 0 reps	Type of Set	D P M C MO													
	H		• Decline - D 15 - 5 reps 12 - 5 reps	nents	Movements													
Body Parts:	Real Date		Types of Sets Legs: Upper Body:	Movements	Upper-Body Movements													
BC						sə1	ınui	W (Οl	se	ıt∪n	!W (SC	sə.	tuni	W 0	ε	

GENERALIZED PERSONAL TIME CHART

Personal Time Chart

	N	Morning / Affernoon	no	
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:
	A	Affernoon / Evening	6	
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:
.s)	(1) (2)		(3AF) (2AF)	ע)

SOLID YELLOW LINE (SYL)