



How To Lose Maximum Weight In Minimum Time

Jerry bought Heavyhands when he was in high school in the late 1970s but never really did anything with them. Like most people, he got an office job, and life just started taking over. Fast-forward to now – Jerry realized he weighed 260 lbs with sciatic nerve pain so bad he couldn't walk. He knew he needed a change.

So he bought a gym membership and a yoga ball, but because the gym was 20 miles away, he never used it. And the yoga ball doesn't do much if crunches are your only exercise.

He remembered about his Heavyhands, and was thrilled to find out they were still being manufactured and updated as Weighted Hands. He bought some ergonomic grips for his old set and has never looked back.

Now, he carries the weights around with him in his car, and says he fits in a workout every day because of it. He's slowly increasing his weights and the time he spends walking with them – and is doing it all pain-free. He hasn't stepped on a scale yet, but judging by the reaction he's getting from others, he knows it's going to be a huge number when he does. And in this audio, you'll hear exactly how he's doing it.

You'll Also Hear...

- A step-by-step look at how Jerry took himself from out-of-shape and with so much sciatic nerve pain he couldn't walk – to pain-free and pumping weights
- The secret behind Weighted Hands that makes it work so well – (it's a time multiplier). Because you're using four limbs instead of two, you get twice the workout in half the time by using the principles of panaerobics. Here's what that means and how to make it work for you
- The unexpected benefits of the new ergonomic grips – they not only fit like a glove but they also make overhead exercises easier
- The one diet trick Jerry says is the biggest reason he no longer snacks or eats fast food as much – and he only has to do it once a week
- An “insider's” look at the exercise routine Jerry uses now and how having a gym in his car has made all the difference

The best part is – Jerry isn't on a fad diet. He's making real lifestyle changes he's going to be able to keep up. He knew he wasn't going to the gym. He knew he was leading a sedentary lifestyle.

But now, with the help of Weighted Hands, he's well on his way to a better second part of life and a healthier him. And in this audio, you'll hear how he did it and how you can do it too.

Michael: Hi. It's Michael Senoff here and I'm the founder and developer of www.WeightedHands.com. I'm a busy professional, a husband, and a father of two young boys. I started making and using Weighted Hands because I wanted a way to burn a ton of calories in as little time as possible, but I didn't want to get injured doing it. I wanted to eat whatever I wanted without feeling hungry or deprived, and I wanted to be able to maintain my weight. I wanted a low impact workout so I could save my

knees for later, a workout that required no stair climbers, no treadmills, no ellipticals. I wanted something that feels easy but gets my heart rate high enough for ongoing conditioning. Well, you're in luck because many of my buying customers have been using Heavy Hands for over 20 years and they've been generous enough to share their personal stories with you. You'll hear me interview them on how they got started walking with Heavy Hand weights, what it did for their bodies both in terms of musculature and weight reduction; you'll also learn their favorite workouts, tips and tricks to burn the most amount of calories in the fastest time possible, so enjoy the interview. Now let's get going.

Jerry: Hey, Michael.

Michael: Hey, Jerry! How's it going?

Jerry: Oh, I tell you what, it's a beautiful day in Charleston, SC. Perfect day for a Weighted Hands walk, I'll tell you that.

Michael: Man, I'm real proud of you. I've talked to a lot of Heavy Hands and Weighted Hands guys, and I know you are determined, you are motivated, and you like what's happening to you. I think there's a lot of other people who are interested in Heavy Hands, and they don't know much about it. Hopefully we can spend a few minutes on the phone, and you can share your story with them. Would that be alright?

Jerry: Absolutely! And, Michael, I would like to thank you for your encouragement, your support, your insight, your knowledge, and, most of all, I'm very grateful for you picking up where Dr.

Schwartz left off. You improved it, made it better, and made it accessible. So, I'm very grateful for the work that you're doing.

Michael: You're very welcome. It's my pleasure, and successes like yours make it all worthwhile.

Jerry: Well, my first exposure might have been the late 70s, early 80s, and that's when the Heavy Hands commercial was on television. I was just out of high school and, I tell you, that made such an impression on me. You had Leonard Schwartz out there, who seemed to be a smaller stature guy, and he was walking and pumping those hand weights, and I was just amazed at the guy's conditioning, you know, he had cannons for arms. And his enthusiasm just really beamed across. It made such an impression on me that I went out and bought Heavy Hands, and used them over the years, but had them set up. For a few years, I actually had an office job, and, like I texted over to you, I was 50, fat, and hurting. I actually had an office job for several years, just sitting down and not getting much physical activity, and before I realized it, when I did try to exercise, that I had a sciatic nerve problem that made it really painful to walk.

Michael: Let me take you back. When you first discovered them, were you in high school at that time?

Jerry: I actually was in high school. And, again, it made such an impression on me, that it was a short time after that that I did go out and purchase a Heavy Hands.

Michael: Now, in high school, were you in any kinds of sports at that time?

Jerry: Actually, martial arts.

Michael: So, when you purchased them, how often did you use the Heavy Hands, back then?

Jerry: Didn't use them so much, back then. I think it was primarily on the weekend. Maybe a couple of times during the week. So, not very consistent.

Michael: And, before you contacted me for the new, upgraded Heavy Hands, with the ergonomic grip, was that the original set that you still had, that you bought back in high school?

Jerry: It absolutely was, and I showed you the picture, and, I don't know if they're color coded for size, but it was the purple set of grips.

Michael: I see. What do you remember about the TV commercial running? What was the setting? I know he did a lot of advertising, but I've never talked to anyone who's seen an actual television spot. Do you have any memory of that?

Jerry: Yea, it made such a huge impression on me that I remember some images from it, and I have actually been searching for that commercial and haven't been able to find it yet. However, I noticed that you have linked some videos of an aerobic system

that he had put out, once, with the hand weights. But what I remember of it, basically, it was him walking, and the camera was just showing it from the side, and he was walking and popping. And, I tell you, the guys arms were just tremendous. It made such an impression on me, because here you have what appeared to be a senior guy, but his condition was just phenomenal, and the pure joy that he was expressing as he was walking and popping the legs. And that's really all that I remember, is him actually demonstrating the Heavy Hands.

Michael: That's very interesting. So, between high school and the time you got your desk job and you became more and more inactive, other than martial arts, had you done any kind of exercise or conditioning? Or did you just kind of slack off on that for a while?

Jerry: Well, I knew that health was becoming an issue, because, as a matter of fact, I stopped weighing myself. I didn't see any use in weighing, you can weigh yourself all you want, but unless you're doing something it's completely irrelevant. Well, I tried a couple of things that worked so that I wasn't sedentary, and one of the things I got was a yoga ball. And so I replaced my office chair with a yoga ball, and, you know, I've been doing that for over a year, and I've been very consistent in doing crunches and stuff as I'm working, but I realized, which is pretty obvious now, but I realized that you can build your core up, but if you don't shed the pounds, you can't see it, for one thing, you're really not going to lose weight. So, that's when I realized that I had an issue.

Another thing, I thought that I would walk. Let me just begin walking. There's a really nice park right near where I live, so I started walking.

Michael: Let me ask you this. When you started walking, were you at the heaviest you've ever been?

Jerry: I think that I was at the heaviest that I had ever been.

Michael: What do you think you were, pound-wise?

Jerry: The last time that I had checked, I was right at 260, and I'm not that tall of a fellow, I'm 5'8". So, I decided to baby-step my way into improved health. So, what I did is I went to the park, and I started walking. I didn't take but maybe 20 steps before I realized just how bad the sciatic nerve had gotten. And, so, basically what I had to do was take a few steps, and it was so painful I had to stop. Let the pain subside somewhat, and then do it again. So, I walked for a couple of weeks just making as many steps that I could.

Michael: And this is just walking without Heavy Hands.

Jerry: Walking without Heavy Hands. I knew that before I even started the Heavy Hands or Weighted Hands system, that I had to, at least, be able to walk. And, so, that was my motivation. And I have to say this. That I was disappointed and pleased at the same time. I did an internet search on Heavy Hands, I was disappointed that it was discontinued, no longer available. However, when I discovered your site, and your ergonomic grips, I was very excited, so I immediately ordered my first set. That was really my motivation as I was waiting for that set to arrive. That's when I really started walking, working through the pain, awaiting the first set.

Michael: That's fantastic. So, how bad did the thought of losing your mobility scare you?

Jerry: Well, you know, I still consider myself a relatively young guy. There are plenty of people that you can see in the, you know, 50s, 60s, 70s that are very well conditioned. It may be that when you reach a certain age, you start noticing things quicker. You start noticing more pains in the morning, little harder to lose weight, that kind of thing. So, that realization when the sciatic nerve started hurting hit me pretty quick that it's time to do something. And in the past, along with the Heavy Hands system, I would start, and it just wouldn't maintain. It wouldn't keep up with me very long. It would be like a fading interest. This, however, is completely different, and one of the things that makes it different is that I realized that, as I walked, I would walk a little further, a little further, without as much pain. And now that I've been using the Weighted Hands, I don't have any problem at all. It actually corrected that issue.

Michael: Alright, so somebody listening might be thinking, alright, well, why do I need Weighted Hands or Heavy Hands? I could just get my butt out and just go walk. What advantages have you found, that the Heavy Hands offer you, in reaching your fat loss and conditioning goals?

Jerry: Well, you know, after having used the Weighted Hands system for approximately two months, even now when I go to the park, I saw one other person at the park with what looked like a pair of Heavy Hands. I didn't get that close to really see, but it appeared to be the same type of hand weights. And I saw this guy, and I saw his determination. Problem was, he was jogging around the park, never moving his hands. I mean, he was just dangling them. So, I read on your website, and read some

interviews, and I guess he was a carrier. Not really working the hand weights. But, I have to say, that working the hand weights just makes a lot of sense, and ever since I read Leonard Schwartz's book on Heavy Hands, and I understand panaerobics, and it just makes a lot of sense to work four limbs instead of just working two. And now when I see folks walking, or even jogging, and not using their hands, the first thing that pops into my mind is that they're just not taking advantage of what's available to them.

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www.WeightedHands.com.

Michael: In laymen's terms, can you just explain to the listener what panaerobics is, and how Schwartz outlined, at least just a few of the benefits compared to not doing a panaerobic exercise?

Jerry: Well, you take walking or jogging for instance. You get some cardio in there, you do get some weight reduction, you know, you're burning the calories, but what is going on with your upper body? You know, you have some folks that are looking at improving their physical condition. They may walk, they may jog. What are they going to do? They're going to start working their upper body with weights, maybe go to a gym. I had been doing that for a while.

I had a membership to a gym, but once you understand what's available now, you can work four limbs simultaneously. To me, you get double the work out in half of the time.

Michael: That's a good explanation. So, let's continue on with your story. You had the sciatic pain, you started walking, and how long did it take you to get through the pain, where the sciatica wasn't inhibiting your walks.

Jerry: It probably took a good two weeks. It certainly wasn't happening all at once. It was slowly diminishing. And then I realized one Saturday, and it's about a mile walk, I realized I had completed the walk and never had a bit of pain whatsoever.

Michael: Ok, was it at that time you said, alright now I'm going to start integrating my Heavy Hands?

Jerry: Absolutely.

Michael: So, what did you do first? What was the first time you used them? How far did you walk, what weight did you have on, and what kind of pump were you doing?

Jerry: What I had, I started off with 5 pounders. So, I did 5 pounds. And, if you look at the system, you've got level two and level three action. And I was switching between level two, level three, and also overhand presses. Now, when I started with the Weighted Hands system, of course I realized then that, aerobically, I had some challenges, because, within a mile, I had to stop two or three times to rest for a minute or two before I could continue. And now that I've done that for a while, approximately two months, I have no problem walking a mile doing level two and level three.

Michael: Very good. How does that make you feel, after you do the walk?

Jerry: Absolutely wonderful. And I'd like to share a couple of the benefits of the new grips, if you will. One of them is, you know, I read your website and somebody commented that they fit like a glove, and that is my experience. Very comfortable, and when you're doing the overhead presses, to have that particular shape is really beneficial. I noticed the other night working the system, that I was pulling my pants up so much that I had to adjust my belt. And I thought, well isn't that great? Being able to do all of that and not having to set the weights down. So, it allows a lot of freedom. You don't have near the hesitancy when you're using the Weighted Hands systems. So, it's just a tremendous benefit.

Michael: Now, you know the difference between the ergonomic grips and the back strap that fits snugly to the back of your hand compared to just gripping a bar. You indicated you're doing some heavy walking, with 20 pound dumbbells?

Jerry: I am. What I do is I alternate. I'm actually starting to incorporate 10 pound Weighted Hands as well. I realized that I'm strong enough, but not quite balanced aerobically, if you will. So, what I decided to do was back off a little bit off the 10 pounders. I'm actually starting to do some sprints, too, which I shared with and you and I'm very excited about. You know, you go from taking a few steps in pain, to now doing sprints painless. I'm seeing some really, really big, tremendous benefits.

But, when I use my 5 pounds, I go home, rest a bit, and then what I do is use 20 pound, traditional dumbbells. Although, aerobically, I'm not quite up to walking a mile with 20 pounds,

but it's got me where I can walk the yard with 20 pounds. So, we're talking maybe 2 or 3 minutes with 20 pounds.

Michael: Have you been able to calculate a weight loss? Did you do a before weight and an existing weight now after working the system for this long of a time?

Jerry: I haven't been on the scales yet. I'm looking forward to that. It's one of my goals, but I want it to be a big weight loss, significant, when I do weigh in. However, the first thing you notice is that the people you work with, and the people you know, start commenting on the weight loss. So, I'm getting the comments. And, like I mentioned, pulling up the pants several times, and even adjusting the belt every night when I'm using the Weighted Hands system. So, the weight loss is definitely obvious with the fitting of the clothes and the comments.

Michael: Very good. Now, let's talk about, maybe, the reality of the weight loss. And talk about what you're putting into your body. The nutrition, the food, how are you handling that part of the equation, because that's certainly all part of it.

Jerry: You're right, Michael, and, one of the things I realized, it's like a snowball effect. Once you have a system that makes sense, and you're implementing it, and your consistent, you have that momentum. And, once you start doing that, you start looking at the diets. A couple of days ago, I started doing meal preps. What you do there, is you cook on Sunday, you cook enough for the week. You lay out your meals and everything into containers, and organize, and what that does is reduces the chances of snacking and maybe going out to eat fast food, that kind of thing. So, that's also a big benefit.

Michael: That's excellent. So, what are your future goals with Weighted Hands and your exercise regime?

Jerry: The future goal is definitely keeping up the weighted hands. Within two months, it's just amazing the improvements I've been experiencing. So, I intend to keep it up. I'm still working to build the cardio up. I'm now doing an easy mile without needing any breaks, and what I'll start doing is using the 10 pounders more. And, basically, it's a lifestyle change. You know, I had a membership to a well-known gym, and I realized that with the Weighted Hands in the back of the car, I showed you the picture of the little plastic container, I have the 5 pounders and the 10 pounders in there, there's no longer any excuses not to work out, because any place is, practically, your gym. And so, the intention is to, even if I travel, or even bad weather, if you're on inside, and I saw the Leonard Schwartz video that you have linked, even if you can't make it outside, you can still get in a good workout.

So, my intention is, the Weighted Hands are going to be a lifetime healthy habit.

Michael: Absolutely. Well, I'm proud of you, and I encourage you to stick with it. And, before you know it, another couple of months are going to go by and you're probably going to be buying some new pants, and a whole new wardrobe. And, all at the same time, you're getting a conditioning workout cardiovascularly, and muscularly. All at the same time.

I tell a lot of my students that Weighted Hands is like a time machine. It's a time multiplier. Because, when you're out there walking and you see everyone passing you, and they're just using their two legs, and their hands are just doing nothing, just

swinging idly by their side. Their wasting that opportunity. You're using your hands, and you're really loading the muscles of your back and your shoulders and your neck and your lats and your bringing all of those upper body muscles into use, which most people never ever do. So, you're toning yourself, you're burning way more energy than you would be without using your upper body and Weighted Hands. It just saves you time!

Peoples' number one excuse about not exercising is that they don't have the time. And by using Weighted Hands, or Heavy Hands, it allows anyone to get a good conditioning workout. All in as little time as possible, without going to the gym, without stepping on boring ellipticals or Stairmasters or treadmills. All outside, breathing the fresh air, the sunshine on your face. It's just a huge advantage. And it really doesn't cost that much after your initial investment. Just a little bit of time.

Jerry: Well, Michael, that has definitely been my experience. Again, I used to have a membership to a gym. After a while, I look back on it and I realize, for me, it's a little silly just because, in my case it was a 20-minute drive each way, and you're not going to carry the gym in the back of your car. So, you just have way too many excuses not to go to the gym. The other thing, you know, after having read Leonard Schwartz's book, I really like his analogy of people that, for instance, ride bikes, swim, gravity cheaters is what he called them. And, I have to tell you, I really enjoy bike riding, but Weighted Hands, that's exactly what I'm doing now. Bike riding for leisure, that's fine, I'll do that sometime in the future, but I really don't want to waste the time when I can get a good work out.

Michael: Well stated. Well, will you come back with us for a follow up interview, say in the middle of March, that's two months from

now, and share any new insights that you've experienced. Maybe your weight loss and how you're feeling, and we can add your commentary to the end of this short interview?

Jerry: I would absolutely love to, Michael. As a matter of fact, I sent you a few pictures, and that was about two weeks into the workout. I'm looking forward to maybe taking a couple more pictures by that time. We'll see the difference, and I'm really looking forward to it.

Michael: Alright, very good. Well, thank you, Jerry, so much, for sharing your experience with Weighted Hands, with myself and the listeners. I really appreciate it. If you ever want to text me or contact me at any time, you know I'm just at text away, so keep up the good work.

Jerry: Yes sir, thank you so much, Michael.

Michael: Alright, take care.

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