



Why This 70-Year-Old Former Marine Says You'll Get Ripped With HeavyHands

When Zane Hanna was in the military, he used to manage gyms, so he's done a lot of training and has helped a lot of guys train. In fact, even now at age 70, he says you can go down to his basement and get just as good a workout as at the YMCA with the exercise equipment he has.

But he still remembers when he stumbled onto HeavyHands in the 1970s. He was looking for a way to build his upper body that wasn't swimming, and he's never looked back. Even now he won't miss his HeavyHands workout for much. He says it's a nice blend of resistance and aerobic exercise with the side benefit that you'll get ripped if you do it right. And in this audio, you'll hear his inspiring story, along with the workout he does in just one hour that's helped to keep him in peak shape throughout his life.

You'll Also Hear...

- A little-known fact: Faster isn't a better workout and neither is adding more weight. There's one thing that matters most – "Time under tension" – here's what that means, and how to incorporate it into your routine

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- Everything you need to know about Zane's one-hour workout: he sets his timer for 30 minutes (so he knows when to turn around and head home), then makes every step count with these core exercises
- The details about how Zane coped with his Type 2 Diabetes diagnosis (caused by Agent Orange exposure in Vietnam), the simple changes he made to his routine that helped him manage the disease – and how he's done it all without ever having to take insulin
- Exactly why you should never make “losing weight” your exercise goal, what you should be going for instead, and the right way to make that your focus
- The demystifying truth about lactic acid burn and why Zane says you won't ever get it with HeavyHands
- The one movement Zane sees people with HeavyHands doing wrong and how to make sure you do it right
- A quick “insider's look” at making up your own Heavy Hands exercises – and some ideas around what Zane does

Zane is an inspiration. He's an ex-marine, body builder, and fireman who's still going strong at 70 years old. And in this audio, you'll hear all about him, along with the HeavyHands routine that helped get him there, allowing him to stay in peak shape his entire life.

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 gym membership, no stair climbers, no treadmills, no ellipticals. I wanted something

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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 hand-weights, what it did for their bodies both in terms of musculature and weight reduction; you'll also learn about 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.

Zane: Hello!

Michael: Zane, how was your Heavy Hands workout today?

Zane: It was pretty good this morning. I was kind of surprised. I do it six days and I take Sundays off. You know, I was kind of dragging at the end of the week with those 14-pounders. I just noticed that my movements weren't crisp. You know what I'm talking about. You've got a good day, and man, you can really put it out when you're snapping those movements around, the next day, maybe not so well. But, it was a good day. It's about 87 degrees here, but you know all about that from where you're at.

Michael: I do. Tell me, how long have you been doing Heavy Hands?

Zane: I bought the book from Walden's Bookstore. It was right after it came out, so what do I want to say? '78, '79?

Michael: What were you doing for exercise at that time?

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Zane: When I was 18 years old, I started as a young Marine into weight training and bodybuilding because it just made the job easier, and when I got out of the service, I became a professional firefighter, and firefighting is not an aerobic activity. I ran for a while and was in really good aerobic shape, but on the fire ground, doing the job, wearing all the gear, which, you know, with an air pack ends up being about 67 pounds. It wasn't cutting the muster, because you probably know that firefighting, it's HIT training, is what it is, Michael. You do short bursts of energy, rest for a minute or two and do some more. So, I realized that distance training was the answer for me, and I've been doing that for quite some time before Heavy Hands came along, and that seemed to be the perfect combination of what I wanted. So, AMS Company, you remember, they had the rights and the patent, so I ordered a whole big box of Heavy Hands and handles. So, I had fives, sixes, sevens, eights, nines, and tens, complete sets, and several handles, and they even sent reinforced plastic straps to put over the handles so it wouldn't round on you, you know, with all that torque. So, that's what I've been using my whole time, except for these ones that I have now. I have a friend who is really a good welder, and he took some of those sixes and sevens and he welded them together. I don't know what I was going to end up with, but when I put them on the handle and weighed them, they weighed in at 14.

Michael: Oh, so you took a number six and a number seven and welded them together.

Zane: Yes, it was a hybrid. I didn't know what I was going to end up with. Here's the deal. When the diameter of the plates that screw onto the handles increase, it would keep me from being able to cross the weights across my chest, because I would be

banging the weights. So, I wanted to keep the same diameter, Mike, and just elongate them, and that works fine to a certain extent, but once you get up to a certain weight, then that becomes kind of onerous too, because it wants to turn your wrist over.

Michael: I understand.

Zane: So, that's what I've been using, and I use tens and I use fourteens. It depends on the day, how fast I want to go, or if I want to stay inside. I'm almost flat-footed. I mean, I'm doing knee-dips, just like you demonstrate with the shadow box and all that. I even perfected it to 50 to 100 jabs, pretty much straight-on jabs, and then followed by 50 to 100 uppercuts, uppercuts only, because it just causes you to dip to the side and really put a lot of torso into it, and then maybe another 50, and I just switch back and forth of just plain hooks. You know, that's for the body, without any extension on elbow at all. So, I just made up my stuff. I'm sure that you being a Heavy Hander, sometimes you just come up with a good move.

Michael: Yeah, there's a lot of variety because your arms can move so many different ways, and your imagination can take over. You can do whatever you want.

Zane: Sure. It's open physics.

Michael: So, what did you notice after you started with Heavy Hands back in the late '70s?

Zane: Well, the first thing I noticed was that even though I had aerobic power in the lower half of my body, I had no aerobic power in the upper part of my body, and back then, you know, other than cross-country skiers, there were no ellipticals, so the only one that had an advantage with upper body was people that swam. I noticed that people that swam, some say it's the sea level effect of being in a different temperature of water, even though they swam and they were super athletic, they developed a pretty good fat bed. I put that down to the body adapting to insulation when you get into the water. So, I didn't like that. I didn't like the effect I got from the work. Gee whiz Mike, if I'm going to work this hard, I want some muscle back. I want to be ripped, or I want some good musculature development from my work, and that type of sports just built my fat. So, that's really what got me going, because it was a nice blending of resistance exercise and aerobic exercise at the same time.

Michael: So, what does a typical workout look like for you?

Zane: Well, I have a couple of movements that probably you may understand them, I don't know if anybody else would or not. I have four movements that I use with the heaviest Heavy Hands that I have, and I start out with a pump and walk, and I throw kind of a swagger into that, because I'm moving so much weight, I'm not going fast, I'm not going for distance, Michael. I'm going for time, and my time element that I've set for myself is one hour. So, I have a countdown timer watch. It's on 30 minutes. I punch it, and I don't care how fast I'm moving along the ground, as long as I'm doing the appropriate amount of work while I'm doing it. At 30 minutes, when that puppy beeps, I immediately turn around and head for home. I've ran into problems before, just sheer exhaustion, buddy, when I pushed the clock a little bit when I wasn't ready to push the clock. So, I start out with a pump and walk.

Michael: How high are you pumping? Are you going to level one, two, three? Are you mixing it up?

Zane: I'm going to two, because I don't want to wear myself out for the other movements. So, my hands come pretty damn close to my jaws, but I don't go to the top of head height - not yet. I do 50. I count on one side, buddy. Every time my left foot hits the ground, I count. When I get to 50, I immediately change over to my next movement, where I bring the Heavy Hands from my side and slightly behind me, forward, and I cross-hand with a real hard pectoral squeeze, and I do that for 50 reps, you know, with a little bit of mind-muscle connection, with a little bit of concentration, you can make that really hurt you. Then, I got 50 reps that way, and then I immediately go into side-lateral dumbbell raises like you do in a gym to work your deltoids, and I only do maybe 10 or 12 of those, because 14 pounds is still 14 pounds. Then, I go into a double ski, and I don't bend over like I do with my lighter ones, to the point where I can almost touch my ankles. I don't do that. It's kind of a modified bend forward, because the torque of both of those 14 pounders coming from behind kind of pull me a little bit down the road, if you know what I mean.

Michael: I do.

Zane: I don't want to get old fast.

Michael: Very good, and tell us how old are you?

Zane: I am 70. I'm going to be 71 on July the second.

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Michael: That is incredible. And have you been able to keep your weight down and keep your body in incredible shape?

Zane: Yeah, the side benefit from this, buddy, is the fact that you know, if you do it, you're going to get ripped. It's a no-brainer. I was exposed to agent orange when I was in Vietnam as a young marine, and 50 years later I'm suddenly diagnosed with Type II diabetes, and I've never been obese, never had it in my family, so I was just shocked out of my mind, and then I found out I was in a heavy-exposure area, and as far as the Marine Corps was concerned, that's what caused my diabetes. I get a disability, but that doesn't make any difference, Michael. I've still got the disease. So, I changed to a low carb, high fat, moderate protein diet, and I put away the bread and the pasta and all of the macaroni and cheese, all of the comfort foods. I just pushed them aside, because this is on me, buddy. No one's going to do anything for me except give me insulin shots, which will make my condition worse, because insulin is the primary fat storage hormone of the body.

Michael: Have you been able to control your A1C without any insulin and exercise?

Zane: Yeah, I've got it down to 5.8. As far as my doctor's concerned, he's tickled to death. He said, "As far as I'm concerned, if I was measuring you today, I would measure you as a non-diabetic."

Michael: Did you ever do insulin?

Zane: No.

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Michael: How did you diagnose? What tell-tale signs warned you?

Zane: Well, my blood sugars were up. It was really a difference between two normal physicals six months apart, and all of the sudden, in that period of time, my blood sugar was up. It wasn't up to the ceiling, but it was up, and my doctor, he's a young guy, and he likes to keep a close bench on his patients, and he said, "I'm going to send you for a blood glucose test. We're going to find out." I came back, and I was disbelieving, Michael. I've never been obese. I've been a lot more muscular than I am now, and you know, I just don't have it in my family, so you can imagine, it was just a shock.

Michael: I'm sure it was.

Zane: So, I'm a man of faith, and I prayed about it, and I just knew that this was on me, that nobody was going to do anything for me that I needed to do, and I had the knowledge, and you know, I got on the internet, and I got a lot more knowledge. I read the signs, and I found out that a paleo-type diet, the same diet our ancestors lived on, ended up being a real, functional way not only to lose body fat, but for you and me, I don't care about losing weight. What I care about is losing body fat.

Michael: Yeah, that's right.

Zane: That's what I want. I want thin skin, I want abs, I want definition in my body. If I weigh 300 pounds, I don't care, as long as I have those things. So, that's what kind of spurred me on, and I got a whole gym in my basement, Michael. You could come to

my basement and work out. I mean, I've got a leverage machine, I've got dumbbells, I've got tons of weights. You could do as good a workout as you could do at my Y, as you could do at my YMCA, right in my basement. So, you know, I'm just leaning towards Heavy Hands. I've been off and on several years, but when I come back to it, I'm always happy about it, and I just feel like I've done something, and there's a sense of accomplishment psychologically when I get done with that hour.

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Michael: It's nice to get outside, too.

Zane: It is.

Michael: Just to get out and walk the street.

Zane: The stimulants - the birds, the air, the heat. I'm not in it every day, and you, being San Diego, you've got to get acclimated to the heat. I don't want to make excuses. If it's raining, I'll still go. If it's thunder-storming, I won't. Those are my simple rules, and that's what I try to do. I don't know what I'm going to hope to accomplish, Mike. You know, at my age, I'm just trying to keep up with the status quo buddy, so I'm a functional, physical body.

Michael: You're an inspiration. I mean, you're going to be 71 and you're still out there hitting it. That's fantastic.

Zane: Yeah, well, thank you for that. You know, when you always do things, and then all of the sudden your age creeps up on you and you're still doing them and people compliment you on doing them, you think to yourself, "Well jeez, it's not that big of a thing. I've been doing this since I was a kid." The secret, Michael, if I was to give any advice, is be consistent and never stop. Don't stop, because it's so hard to get stuff back once you lose it.

Michael: That's right. What would you say, what advantage is there...let's say, if you compare just a body builder or somebody who is doing just weights compared to the combination of Heavy Hands with heavier weights, you know, ten pounds and plus. How does that aerobic conditioning come into play in combination with the extra weight? What advantage does somebody have?

Zane: Oh, I think it's much more - particularly for work endurance, things that you just have to do around the house, or on your job, or whatever it is. What I have found out though, depending on the movements you pick, now, if you pick a movement that's going to affect your outer deltoids, the cap on your shoulder, like walking down the street and doing lateral dumbbell raises, you're going to get some development there. So, what I believe, at least I've seen on myself, is you're a smaller version of a body builder. You end up having a lot of muscular development, but it's of a different form. I mean, you can develop an awfully impressive physique by working out with heavy - and when I say heavy, I mean ten pounds at least, Heavy Hands, at least I can, and still get that effect, even though it's aerobic, and not anaerobic, in nature. I mean, listen buddy, it's still time and pretension. Time and pretension is the key. I've been at gyms and I've seen guys that were skinny and super strong, and then I've seen guys that were really, really well-developed, and the difference in them doing a bench press is the difference

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between night and day. One guy didn't walk out. He kept constant tension on the pectoral muscles while he was doing the movement. He got so much more out of the movement than the guy who was trying to push toward 300 pounds. Now, was he as strong as the skinny little dude benching three? No, he wasn't, but boy I'll tell you, he sure did look at it. Gee, in the Marine Corps, I ran two gyms. I managed two gyms, so I've trained a lot of guys, I've seen a lot of guys train, and I think when you Heavy Hand out on the street, and you slowly work up to those heavy - maybe you don't need to do them all the time, but I don't...it's got a real small injury threshold, you probably know that, and if one eases into it, and just by virtue of your heart and lungs, they kind of keep whatever weight you're using regulated. I mean, at some point, you're going to end up swinging those instead of using them effectively, and if you back off and get into the muscular movement itself and concentrate on what you're doing and get a little mind-muscle connection, I found the difference between night and day. I don't have to go fast, buddy, like I said.

Michael: Yeah. As a matter of fact, I tell people the slower you go, the better the workout is, because you're under more tension, and you're not using the forces of momentum and gravity. When you're swinging them, you're cheating a little bit, in a way.

Zane: Oh yeah. I've seen guys that cheated a lot on that. Dr. Forbes called it slow aerobics. He was right. I can't think of a better way to describe, at least what I'm doing out there, and you know something Michael, to be honest with you, there are days where I am swinging. I'm not on, and I'm just trying to get through the workout, and I'm just trying to get through the movement, but by far and large, I realize going out that I'm not going to get the benefits. I'm going to put out all of the energy it takes for an hour in the heat, I'm walking down the sidewalk, people are looking at me wondering, "What the heck is that guy

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doing?” You know, they’ve never seen anything like it. Now, they’re kind of used to it out here where I live.

Michael: Dogs go crazy over it. Do you get the dogs barking at you?

Zane: No, I don’t. Not on the course that I walk now. But, I tell people in cars, I say, whatever you do, don’t hit me, because I will total you out.

Michael: [Laughter] Alright, let me ask you. You’re a guy who’s working out with heavier weights. Now, 420 came out, he had the little handles at one pound, two pounds, three pounds. That’s mainly what he was pushing. When I started with that, I realized I just wasn’t getting enough of a workout. What was your feeling on why he was pushing the lower weights?

What I felt was if you’re going to get some benefit from the one and two pounds, you have to go to a number three pump, over your head, and you have to go very rapidly. I felt like most people would never do that, because you look more silly, and it’s hard.

Zane: It is, and you said it. It’s incredibly hard, and I would ask you something back, Mike. Look at the physical condition of the people around you. You can see that there are men out there that three pounds would just literally put them on their face. I think probably great mentor was not much of a marketer when it came to that kind of stuff. I think he tried to appeal to that lower weight in an effort to get some people interested that would keep doing it. But, I’m like you. I have done the three, four pound, level three, hell bent for election. I didn’t enjoy that at all. That was tough. But, I had enough of a strength background, and there’s a lot of guys that probably do, but my starting

weight was five pounds. I jumped really fast, because I had this background, and it wasn't more than a week or two, and I was at six pounds. There was one of them I didn't have in between, so I went out and bought a one pound set of lift weights, buddy.

Michael: Okay. There you go.

Zane: I kept the same weight, but I just upped it a pound, and gee whiz, I don't think I really got stuck to where I had to work until I got up to nine pounders. Making that jump - well, you know this. Jumping from one pound to two pounds, or let's just say eight pounds to nine pounds, that's like putting another 25 pound plate on a bench press bar in the kind of stuff we're doing. It doesn't take much to give you an effect, and if it doesn't give you an effect in all your movements, it will in some of them. Just like I told you, I can do 50 reps in all my movements, but when it comes to dumbbell lateral side raises, when I throw those in the mix, my reps drop down to maybe 12. But, that's okay. I don't care. It's going to climb, and god-willing, I'm just going to keep right on going, but I believe that there has to be some weight to it, particularly if you're going like you're talking about. You're slowing down? Okay, let's start moving a little higher on here, because people think it's okay to be about lactic acid burn, and you and I know it's not. That's in the gym. That's aerobic work. That's going to cause the burn. That's going to cause a lactic acid build-up, because that's what it's supposed to when you're in the gym. You do aerobics, that lactic acid is washed away, the fact that you're using so much oxygen. So, I never have a bicep burn when I'm out pumping and walking, do you?

Michael: No.

Zane: I just don't. If I was to take those same weights and go in the gym, and do five sets of 50 reps, jeez, I'd be dying by the time I got done with those, Mike. I'd be burning so bad. So, yeah, I'm kind of like you. If somebody came to me and I was in the position you're in, and they want to go with one pound weights, and your handles weigh what? A pound a half?

Michael: Yeah. My ergo handles are a pound and a half.

Zane: Okay. I think they're going to be dissatisfied. I would think that they need to go up a couple of pounds. If they can't afford to do that, I always recommend...for my daughter, when she was interested in this, I said, "Baby, don't get any less than two pounds, because you're going to come up short. Even though it's hard now, give your body time to adjust to it, stay consistent with it, and you're not going to waste the money on that two-pound weight set, and you're going to adapt to three before you realize it."

Michael: Before you know it. Did she get into it, your daughter?

Zane: A little while, but her work got in the way and she couldn't do that.

Michael: I see.

Zane: I think I'm the only one in my whole town that's crazy enough to do this, Michael.

Michael: [Laughter] I know it. Alright, one more questioners for the listeners who are going to hear this. What advice would you have for someone who's just starting out and just learned about Heavy Hands, based on your experience?

Zane: Well, if I was a man, I'd buy at least three pound, maybe even four pound Heavy Hands if I didn't have any, and I would pump and walk to level two. I would tell people this is what you need to do. You can do it in place - that's as boring as all get out. Get out and walk on the street. Don't swing them. I've seen people, they're swinging them out in front. They're doing that front deltoid raise. You know what I'm talking about.

Michael: Yes.

Zane: Bend the elbow, use your brachialis, that big muscle underneath your bicep, same muscle you would use if you were standing still in a gym and doing hammer curls. Take advantage of your forearm and that big muscle underneath your bicep, the brachialis, because that's in essence what you're using. Don't get crazy. Get the groove down to where this becomes really natural, for you to pump and walk. I was trying to train a lady one time, I'm going to tell you, buddy, it was the most frustrating day of my life. First of all, when her right arm came up, her right foot went forward. She was the most uncoordinated, and I said, "Wait a minute. Stop." I asked her to put them down, and I said, "Walk around the gym here and just swing your arms like you normally do." So, then I put the strap weights on her. She could not get her mind, mental connection down.

Michael: I remember first starting. It does take a little bit of coordination, and it took a little bit for some people. I understand, it is hard for people to get that. I tell them to walk with attitude.

Zane: Yeah. With these fourteen pounders, when I tell you I'm swaggering, that's exactly what I'm doing.

Michael: Yeah, the swagger.

Zane: To stop the torque, I have to lean to the right into the movement when the right arm comes up, and I have to lean to the left. You have to use all of that extra muscle to help you move that weight, and heck, that's why we're doing this.

Michael: That's right. Well, I appreciate you sharing your story with the listeners. I think it's important for people to hear who have never heard about Heavy Hands how you've got some old time Heavy Handers like yourself, and you're an inspiration. You're a star. That is fantastic.

Zane: [Laughter] And thank you for being a brother.

Michael: Yeah, thank you. That was really nice talking to you, and thank you for sharing your story. I appreciate it.

Zane: Absolutely. It was my pleasure.

Michael: Alright, bye-bye.

Zane: Bye-Bye.

That's the end of our interview. I hope you've enjoyed it. For more great interviews and stories like this, go to Michael Senoff's <http://www.WeightedHands.com>.

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