



One Of The Scariest (And Least Talked About) Health Issues Facing Seniors And How Heavyhands Helps You Prevent It

After a group of neighborhood kids beat Dan White up when he was about 11, he decided he was going to become a bodybuilder like Charles Atlas.

But as an adult with a job and a life, he didn't have as much time to go to the gym. Fortunately, he discovered Heavyhands was a great way to maintain his strength and muscularity in between more strenuous workouts.

Now, at almost 80 years old, he's still using Heavyhands, mostly to keep his muscles strong and his balance maintained, which he says is one of the biggest health issues facing seniors today.

On average, a person over 60 falls down twice a year. And when that happens, there's a good chance they'll need to go to a nursing home to recover. Unfortunately, many of those people never return home to their regular lives.

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Keeping your muscles strong is key to maintaining your balance and quality of life. And in this audio, you'll hear how Dan does it using Heavyhands as a part of his everyday workout routine in just a couple 10-minute sessions a day. And how you can do it too.

You'll Also Hear...

- An insider's look at the exact routine Dan does in one-to-three 10-minute sessions a day – in front of the TV or outside when the weather's nice – to maintain balance, strength, and endurance
- Debunking the myth that you should find a spot on the wall when you exercise to help you keep your balance, and the real place you should be looking
- Exactly what you need to know about preventing falls and maintaining balance, and how that changes as you age
- A little-known fact: Correct posture is vital as you get older. Here's a look at why that is and how to maintain it
- The simple 10-minute exercise Dan does first thing every morning because he says it's "the best antidote for arthritis ever"

The human body can maintain muscle mass well into its 80s or 90s, which is key to keeping your strength and preventing falls. But you have to work at it. The good news is, those workouts can be easy 10-minute sessions that you can do anywhere. And in this audio, you'll hear how Dan does it using Heavyhands 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

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knees for later, a workout that required no gym membership, 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 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.

Dan: My name is Dan White, D-A-N W-H-I-T-E.

Michael: And where are you located?

Dan: Cincinnati, Ohio. Actually, Westchester, Ohio, which is a suburb of Cincinnati.

Michael: Alright, so you saw my emails and you've been sharing them with some high school buddies because you've got a reunion coming up?

Dan: Yeah, we've got a 60th high school reunion coming up, Michael, and they know that I started working out when I was like 10 years old. I started when Charles Atlas and went to calisthenics, and it was a true sand in the face - you're too young to remember the Charles...

Michael: No, I know the story, but why don't you tell the story, just a cliff note, what happened to Atlas?

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Dan: A buddy of mine, when we were like 11 or 12 years old, we got gang-banged by five really badass types from the neighboring town, and my dad was a cop. He rounded these guys up, and it was nasty and ugly and all of that stuff, and my dad wanted to teach me how to fight. My dad was an athlete, an amateur boxer and stuff like that. I'd been looking at the Atlas ads, and I said, "Dad, I want to get big so I don't have to fight." Well, what I wanted was a set of weights, but he wouldn't get them for me. So, I got into the Atlas thing, and then calisthenics, and I got to the point where I could do one-armed pull-ups when I was about 12 years old before he finally took me seriously and got me a set of weights. Michael, when I was 15 years old, I might have been the strongest teenager in the world, because I did a YMCA performance when I was 15, just before 16, and I bench-pressed 435 pounds.

Michael: How big were you at 15?

Dan: Well, this was in 1955, and one of the reasons that I believe I could do that was because I could do 100 push-ups with a 150-pound buddy on my back. I never trained for strength, we didn't do those crazy max-out workouts, we didn't do that one-rep max stuff back in the day, we trained for muscle, kind of like Vince Jaronda and Steve Reeves, you know, these guys trained for muscle, and parents, they were worried about ruining their joints, which I eventually did, because I slipped into a [Inaudible 00:03:11] workout. Back in the day, I had no idea I could bench-press 435 pounds, but I got into this contest and started out with 225, you know, two wheels on each side of the big bar, and I just kept going up and up and up, and they kept egging me on, and I finished out at 435, no problem.

Michael: And you were 15 years old?

Dan: Yep.

Michael: How much did you weigh? How tall were you?

Dan: Well, I was a big kid. I was 6'1", I don't know exactly what...I topped out at 6'1", and I weighed about 205 pounds at the time. I was a big kid. A year earlier, I was 5'10" and 145 pounds, so the working out for muscle, not for maxing out, put a lot of weight on me. It was great for football and all of that kind of stuff. I was a big kid, but this was a big deal. You won't remember this probably - but I knew, because I started subscribing to the muscle mags, that two guys, just about the time I did this bench-press in this competition, Red Park, who was Arnold's mentor, had just done a 500-pound bench press, which was the world record, and there was a guy named Doug Hepburn, a big guy, 320-pound guy with a crippled leg, and he had just done a 500-pound bench-press. You put that into perspective today when they're using bench-shirts and doing 1,000 pounds and all of that kind of crazy stuff. So, for a 16-year-old, let's say, to do over 400 pounds was a really, really big deal.

And it's a long story - my dad wouldn't let me have racks. That's a long story, I won't get into that, but I had to pull the weight over to press it. I couldn't take it out of a rack. He wouldn't let me. He was afraid I was going to let it come down on my throat. So, I was doing this stuff all my life, off and on, and ruining my joints and maxing out. I bought Leonard's book back in the early 80s, '82, '83, something like that. I have it around here.

Michael: Do you remember where you saw it or how you first learned about Heavy Hands?

Dan: His book. I will say this - I think I saw a copy of Steve Reeve's book about the same kind of thing

Michael: That's right.

Dan: Power walking or something like that.

Michael: Yes.

Dan: But, the other thing was, I knew intuitively that lifting heavy was one thing, but carrying heavy weight like a fireman was something else, and even before Leonard came along, one of the things I did to loosen up, to warm up, or between sets, I would walk around with dumbbells, you know, 50 pound dumbbells. Sometimes 100 pound dumbbells. I'd walk around the gym with that. So, when I saw his book and saw what he was doing, I thought, "Man oh man, that makes sense," and then of course he had all the back-up information about he was in better shape than the NFL players, in better shape than this, in better shape than that, so somewhere back in the '80s, Heavy Hands became my go-to workout, and it was go-to because I was a busy stockbroker, then a realtor, and all sorts of stuff. I didn't have time to go to the gym. I just didn't have time to change clothes and all this stuff, so I committed to myself that I would take one to three 10-minute workouts with Heavy Hands, and what happened was I learned that I could not only maintain my strength and muscularity between what you might call "more serious" workouts, the two, three, four hour workouts that Arnold used to do, and then the Heavy

Hands more than allowed me to stay in shape strength-wise and appearance-wise, even a month or two or three went by between serious workouts. So, that's the deal.

Michael: What did one of those workouts look like? Paint a picture.

Dan: Well, I could probably do a video and send you, but the workout basically was - in fact I just did a 10-minute one, and there are different things, but the one I just did is an example. I did a little bit of martial arts training along the way, and one of the ones I really liked is to walk and lunge and with the lunge comes a punch from mainly three different kinds of punches, or four different kinds of punches, one might be an uppercut, one might be a hook, the other might be a straight jab or across, and the other one might be straight up in the air. Floyd Mayweather, the boxer, he brags about pumping five-pound dumbbells up in the air for five minutes without stopping.

Michael: Wow, does he?

Dan: If you've ever followed Mayweather - I don't follow him, but I just happened to see that article. That's one of the things he does, even as a boxer. I saw your boxing clip and the guy recommends no more than three pounds, but Mayweather, who's a little buy, but a beast, he does five pounders straight up in the air, punch style, for five minutes as part of his workout.

But anyway, I've had all kinds of injuries over the years. Hip replacement, knee replacement, ripped Achilles, I had my whole heart re-built and all this stuff. My joints just aren't what they ought to be anymore, and one of the things I really liked about the Heavy Hands is it really didn't involve full extensions or full flexions. It's like real life, you don't curl punches or extend

all the way out. But, on the other hand, if you do have a good side of your body, like my right arm and shoulder are great, my left hip and knee are great, my right leg is horrible and shoulder is horrible, but the way I do it, is basically it's one arm movement for two steps. So, maybe one arm movement for even three, four, or five steps, rather than the constant pump, pump, pump, pump quick kind of stuff. Number one, you really wear yourself out quick if you do the kind of things the guy does in your video. I don't see how a guy can go for 10, 20, especially 30 minutes when you're walking and pumping at the same pace. To me, that's surreal.

But what is real, for me anyway, is to walk at a normal pace, and then when I get ready to use my arm, I take a longer step, and I get a little more extension, and then I take a couple of quick steps to catch up with the lunge and go on like that. The thing that's really cool about it is if you know anything at all about exercising, you can be creative and do whatever you want. You can use a stepper, you know, as a lot of aerobic classes do. You can go up and down the steps. You can walk backwards, you can turn around in circles. When you're old like I am, going on 80, it's not only great for your muscles and your heart. One of the big things that you'll find out - you sound like you're 16 Michael, with all due respect, but one of the things you'll find out when you get past 50, the biggest challenge we have is balance, and I've never seen anybody in the Heavy Hands world talk about what a great thing it is for balance for old farts. But, I'll tell you what, it's one of the most practical things you can do. You get the muscles, upper and lower, you get the cardio, you also get balance.

Michael: Well, let's talk about balance. When did balance become an issue for you or any of your buddies, you noticed balance became an issue?

Dan: Balance is an automatic as you age. If you look at Mayo Clinic's website, if you look at any aging websites, balance is an issue. The sites say the average person over 60 will fall down twice a year. If you fall down, there's a good chance you're going to hurt yourself and go to a nursing home. There's a good percentage of those people that never come home again. Balance is probably the number one caveat as we age, even more so than muscle deterioration, brain deterioration - they're all serious, even without disease, they're serious issues, but balance, if you get on these websites - medical websites for geriatrics, you'll see that balance is number one, and preventing falls in older people is one of the number one things that old people have to avoid, because if you fall down, there's a high probability you're going to hurt yourself, you're going to be institutionalized, a hospital or a nursing home, and that may be the end of life as you know it.

Michael: That's an interesting perspective.

Dan: I mean, walking alone helps your balance, but when you're walking around with weights, I don't care if they're one pound weights or two pound. I know that people wear weighted gloves, hit a bag with weighted gloves, but when you've got this extra weight extension on your extremities, it forces your body. It's not a conscious thing - it works to improve your balance along with your strength. So, that's part of what I do, and what I found out - I didn't even know about the balance thing when I was a younger man doing Heavy Hands. It wasn't an issue when I was 30, 40, even 50 years old, but now that I'm in my 70s, almost 80, it's a hell of a big deal. It really is a big deal, and this just helps that immeasurably, and that was an unknown benefit when I re-upped this thing some months back. The other thing I do, for your information, when I'm really feeling beastly, like I have lately, I put on five-pound ankle weights. I wrap five-pound ankle weights around my ankles and

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I go outside and I've got the heavy feet and the heavy hands going at the same time. When I go to a situation when I have to hold my temper and stuff like that, I really want to wear myself out, behave myself, I take a 10-minute ankle weight and heavy hands workout. That's a beast. That really is a beast.

Michael: How much weight are you walking with with your Heavy Hands?

Dan: My favorite is ten-pounders. When Leonard offered his red-handers and his weights, the lowest you could get was ten-pound weights. To this day, it remains my favorite. I use fives and I use tens, and I've got a set of power blocks - I don't know if you know what those are. Those are the weights stacked dumbbells that you can buy, put a pin in, and you can adjust the dumbbells anywhere from five pounds up to 150 pounds a piece.

Michael: Yes.

Dan: When I want something more than ten, I've got these power blocks. Power blocks came out about 12, 15 years ago, and I got some right off the bat. They're one of the best inventions ever made if you want to use feed sets and all that kind of stuff. But, anyway, if I want to get up to 25 pounders or even walk with 50 pounders, do a few curls, do a few rows, or whatever, I use those. The other thing that I've never seen with Heavy Hands that I've done, Michael, is I've never seen anyone bend over and walk - get in a crouch and walk, and if you crouch and walk...

Michael: Like a duck walk?

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Dan: No. Do you know what a bent-over row is?

Michael: Yes.

Dan: So, you get in a bent-over row position, you're bending your knees and your hips. You get in a bent-over row position, and then you can walk and do triceps kick-backs, you can do straight-arm pullbacks, you can do bent-over rows, you can do alternate rows, and sometimes I'll do curls and triceps kickbacks in conjunction with each other, where you do a curl upright, and then you bend over and do one rep triceps kickback, then you straighten up, do the curl, bend back over, do the triceps kickback, and so you're doing your biceps, triceps back and forth.

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www.WeightedHands.com.

Dan: Another thing that I do that I haven't really seen in the videos, I just came by this, because I've got major arthritis, major, major arthritis, and this has been a godsend for that, but one of the things that I haven't seen done and I would show this, is sure, you can walk and you can dance and all that, but you can also just stop with your weights, whether they're five pounders or ten pounders, and you can do squats. You can do stiff-legged bend-overs, Romanian deadlifts with it, and one of the things also along with that, rather than just holding these things down at your side, I like to pull them up in a beginning press position. I like to pull them up under my chin and do shrugs and presses and just squats. Do squats with the weights up around your chin rather than down by your hips, and what that does is it

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increases your heartbeat. When you've got your hands up over your heart, it definitely accelerates your heartbeat, and again, if it's a matter of getting as much bang for your buck, how much can I do in five or ten minutes, all that kind of stuff helps. That's pretty much it. I think it's a lot easier for somebody who has some kind of a background in exercising and weight training especially, maybe, to innovate when it comes to this kind of stuff, but it's cardio, it's strength for sure, endurance, logically endurance. But, the one thing I haven't seen you guys bragging about, which you should, for geezers especially - balance.

Michael: I will. That's a great point. It's not something that was on my radar, but it should be, especially since I know I've got a father-in-law who's 90 and he just took a fall, luckily he was okay, and I was with him all day Saturday watching a wrestling tournament for my son, and I'm watching him and telling him, "You need to pick up your feet," because it was conscious, because I knew he had fallen. And, my father, also, who is in mid-80s had taken a fall, not because of balance - it was night time and he had run into the table, he couldn't see. But, absolutely. That is very significant and that is something that needs to be addressed, and I can see after you explaining it that walking with the weights in your hand can probably increase your balance. Maybe not consciously, but I can see that working. That is great.

Dan: Well, you do. When you think about it, when you pick up a child, or even pick up a bag of groceries, anything, and you walk with it, you are automatically, involuntarily, let's say, more cautious of what you're doing. You're more aware of putting your feet down, especially. But, how old is your father-in-law?

Michael: He's going to be 90 next week.

Dan: Wow. But, you know, my 95 father-in-law just passed away a couple years ago. He was a treadmill guy and a bicycle guy, and he was lifting weights back in the '20s when nobody in the world was, except Jack Lalanne probably, and I got him into the Heavy Hands thing and he loved it. He cut his workout time from about three hours a day down to a total of 20 or 30 minutes depending on how he felt, and walk around the house. You know, if the weather was great, he'd go outside, but he'd walk around the house. You don't have to go outside.

Michael: That's right.

Dan: And it's not boring if you mix up your steps and turn on a little music and walk backwards and all this kind of other stuff.

Michael: So, you pumped iron for a while. Was your goal to get big when you were younger?

Dan: My goal initially was just to get big, so I wouldn't have to lie, that's honestly the truth. And then, I went out for football, not because I wanted to - my dad was a great football player, but I wanted to be a country singer and a guitar player, and the little bitty high school that I went to, it had a national reputation for football, and it was this tiny school - there were 50 in my graduating class, but the peer pressure for somebody to play football in that high school was so great, and especially for somebody that one year weigh 110 pounds, started working out, the next year weighed 145 pounds, which was a pretty big kid, especially for a 14-year old back in the early 50s, but then, a year later, after lifting and lifting and lifting, coming out for football, weighed 190 pounds a year later. The peer pressure

was huge, and the teasing was outrageous. I was teased about being obese. I never really was obese. Almost nobody that I met for five or six, seven years, until I went to college, almost nobody knew what a body builder was in those days. If they saw one at all, it was on a drug store magazine cover. That's just the way it was. They weren't on television, they weren't anywhere.

I really wasn't obese, it just happened overnight. I didn't cheat, there wasn't any way to cheat. I grew up on cheeseburgers and chocolate malts and somebody told me to take a couple of raw eggs down to the drug store where we got the malts and have them put raw eggs in there, and Michael, I got so damn strong, and not because I was trying to get strong. I was diligent, I did exercises until the reps built up and built up and built up. When I went to that YMCA competition and did this bench-press, which surprised everybody, I had never bench-pressed more than 250 pounds in my life prior to that, because I didn't train that way. It was just the way it was. That gets back to the difference of training for muscle and health versus training for pure numbers and pure strength, which will eventually, if you're not careful, just destroy your joints, and I eventually got into that crazy stuff and I did ruin a lot of my joints and I've got arthritis right now. That's probably inherited. But, the thing about it is, getting out of bed in the morning, first thing, and just walking around the house for 10 minutes, drinking a couple glasses of water, to lubricate the system, the water and the 10-minute walking is the best antidote for arthritis that I've ever come across. And then, the next 10 minutes that I walk, either inside or out, are with the Heavy Hands. I usually start off with the five pounders, and then I work up to the ten-pounders and then two or three days a week, I work up to 25-pounders, and at this point I don't go much beyond that.

Michael: Alright, that's fantastic. What a story. Let me ask you this. So, back in the day - I'm too young to know anything about Steve

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Reeves, but what was your impression of him, and how did you view him as a bodybuilder? You know, what do you remember about Steve Reeves?

Dan: Well, I remember one, he was drop-dead good looks, and I wouldn't even call it rugged good looks - he was Hollywood good looks. They were rugged good looks because he was so well built. But to me, he was the epitome of all time. He just had it all and his style of training, now in retrospect, he wasn't the strongest guy in the world by any means. I don't know if he even knew how strong he was, because he didn't train that way. He just didn't train for strength. I'm sure he was strong enough. And I never met the guy. I've met some of these guys. A good friend of mine that I drove out to Gold's Gym in 1978, and he went out there to train for the Mr. America contest, which was in Cincinnati the following year, right here, and Larry went out there, he's going to win the contest and all this stuff, and he never touched a steroid in his life. Larry was 185 pounds and he bench-pressed 550. He was like Franko Colombo. I don't know if you ever heard of Franko Colombo.

Michael: Yeah.

Dan: Larry was a Franko Colombo-type guy with a better body than Franko, essentially, and he came back here to Cincinnati, and I don't know how he missed it, but he finished fourth in that contest, but the three guys ahead of him were all pumped up on 'roids. They looked like men against boys. But, Larry's up there at 185 pounds, cut and amazing, but these guys who were ahead of him were 30, 40, 50 pounds heavier. They looked like somebody stuck a hose up their rectum and blew them up like a balloon. That was part of it I never went for. I was a shy kid, I didn't like taking my clothes off and all of this stuff. I got into it because I was never going to get my ass whipped again. I told

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them, I said, "That is never going to happen." He said, "You know what you're going to do? Well, I see you're getting muscles," he said, "Now what you're going to do is you're going to walk into a bar or pool room and people will want to take you on."

Michael: And did it happen?

Dan: Oh yeah, it happened, it did, especially after I got into the football world. Then I got pretty cocky, too, honestly, I brought some of it on myself. Yeah, it happens. But, I never got my ass beat. I mean, I had people try me, but I never got my ass beat [Laughter], ever. That's true. My doc over the last 20 years has said, "Buddy, you better keep working out. You've got to keep doing something, because if you lose your muscle, you're done. You'll be in a wheelchair. You have no cartilage anywhere left in your body anywhere. Your spine, your knees, anywhere. Hips, feet. You need the muscle to support your frame. You've got to take care of yourself so you can keep the muscle going."

Michael: Well, this has been a great conversation, and you've really brought up some important information about balance. That is so true, and I'm experiencing it with my father-in-law and my father. I'm going to write about that.

Dan: You need to tell your father-in-law, especially at 90, he either needs to watch his feet, you know, even at my age, which is old enough, you put your feet down and you think you know where they are, and you don't. At least every two weeks or so I think I've got my feet full, size 14, squarely on the step, and I look down, and it's half on the step and half off. Your father-in-law must look at where his feet are, especially if he's on a step. That's where most of the falls occur. And the other thing - and

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this is something I learned in my powerlifting days or whatever you want to call it - a lot of the instruction is you're doing heavy squats, look at a spot on the wall. That is wrong information. If you want to keep your spine straight and stable and you're doing squats, you want to pick a spot on the ground about 12 feet out from you, and look at that spot on the ground.

Michael: Not at the wall.

Dan: And when you're doing Heavy Hands, you don't want to be looking out in space. You don't want to be craning your neck and looking at the landscape, you want to be looking at the ground about 12 feet in front of you. If you want to keep your spine in a stable, healthy position, you don't want to crane your neck, and I've seen people do this with Heavy Hands. It's even more important that you walk with the right posture with Heavy Hands than it is if you don't have the weights in your hand. You need to tell your father-in-law, "Hey, this matter of spinal correctness when you're moving around dude, it's really important."

Michael: How would you recommend one's posture walking with Heavy Hands? Their head looking straight out?

Dan: If you get correct posture, you have a slight lordosis in your lower back, you don't overdo it, you get the hip, the lumbar spine right, thoracic spine, but then you get up to the neck, the cervical area, straight ahead is fine, but what you don't want to do is look up, you don't want to bend your neck back for sure, and as you get older, if you try to do a press as you get older, your shoulders tighten up, you're going to want to look up, you're going to want to bend back, you're don't want to do that. You either look straight ahead or you look down slightly, like

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you straighten your neck military style, you look forward but you look down. Part of the reason you want to look down, frankly, when you get older, it's not just posture, but you want to see where your feet are going. You want to be able to look from the tip of your toes out about 12 feet, and not only is that good for knowing where your feet are, but it's a more correct spinal position. You're not going to get yourself in trouble with your back. This is a caveat, I think, with Heavy Hands. If you have too much bend in your low back and your neck, the Heavy Hands could be a negative. You don't want to sway back like an old donkey. You don't want to sway your neck either. And, if you don't use Heavy Hands correctly, you could exacerbate a back problem rather than help a back problem. It should help your back problems, from some of these testimonials that I have, but if you're looking up in the air, if you're trying to put weights over your head while you walk and bending back too far, you could hurt yourself.

Michael: Thank you for that advice, that's excellent.

Dan: I've never done that, but I could tell, I mean, I'm a stiff old guy right now, and when I'm walking and pressing with the weights, I keep my spine rigid. I look forward and down slightly, and I only press them up to a little bit above my head. I don't try to go all the way up, unless I'm doing a unilateral thing, which is a whole different ball game. You can do with one arm, very easily, what you can't do with two, and that's especially true when you're talking about overhead stuff.

Michael: So, at close to 80, have you been able to keep some of that muscle mass that you built up over your life?

Dan: I'm about 200 pounds and my arms are close to 18. I'm not as lean as I was.

Michael: I'm just saying, the human body can maintain muscle all the way into your 80s and 90s.

Dan: Absolutely, but you have to work it. When you're 20, 30, or 40 years old, you can skip working out for a couple weeks or so and you don't see much difference. I'll tell you what - that ain't true when you're 60, 70, 80. It disappears overnight almost. It's a whole different ballgame.

Michael: That's interesting. Hey, thank you so much for sharing this story. You've offered some great information.

Dan: It's a great system. I mean, I probably wouldn't be as enthusiastic about it right now if I hadn't Googled it. I was like, "You know what? This is the way to go. This is time, and you've got to stop doing this, even one-hour workouts. Why do you want to do that?" I'm a very busy guy for 80. I've still got a lot of deals going on, I spend a lot of time at the computer. I sit here and think, "Oh my God, I've been sitting on my ass here for three hours. It's time to get up and do a ten-minute workout."

Michael: That's what's great about it.

Dan: Okay, Michael.

Michael: Alright. Very nice talking to you. Thank you for your generous time, I appreciate it.

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Dan: Oh, you're welcome. Good luck.

Michael: Bye-bye.

That's the end of our interview. For more great interviews like this, go to Michael Senoff's <http://www.WeightedHands.com>.