



Can Heavy Hands Really Help You Get Into World-Class Shape?

Robert isn't a professional athlete. He's a 55-year-old computer programmer from Little Rock who works out to keep weight off. But the last time he went to his doctor, they measured his resting heart rate at 30 beats per minute.

Shocked and worried, they sent him straight away to a cardiologist because they were sure he needed a pacemaker.

Heart rates like that only happen for two reasons: because the person is a well-trained, dedicated athlete like Olympic champions Usain Bolt (33 bpm) and Mo Farah (33 bpm), or because they're experiencing a heart problem.

As it turned out, Robert was just in amazing athletic shape. And when you hear his story, you'll understand why. His routines include things like walking an hour and 45 minutes pumping 15-lb Heavyhands weights.

And in this audio, you'll hear how this average Joe got himself into world-class cardiovascular shape and how he used Heavyhands to help him get there.

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- The two biggest tips Robert has for anyone just starting out with Heavyhands
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Robert first found Heavyhands when he was searching for an aerobic exercise he could do after his knee surgery, and he's never looked back. He says it's helped him develop his upper body while giving him strength and endurance.

And in this audio, you'll hear how he's doing it. And how you can do it too to take your fitness routine to any level you're ready for.

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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 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.

Robert: Hello.

Michael: Hey Robert, this is Michael Senoff. I'm returning your call.

Robert: Oh, okay, hey. How are you doing?

Michael: I'm doing really good. How about yourself?

Robert: Oh, pretty good. We're having a marathon downtown, so I got off work a little bit early today.

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Michael: Was it all crowded down there?

Robert: Pretty much. They were fencing off the place where I park, so we had to leave, which didn't disappoint me at all. I was glad to have the afternoon off.

Michael: Very good. Did you get your Heavy Hands walk in today?

Robert: Yeah, I did. I kind of slept off this morning. I thought I was not going to do one today, but when I got off early, I did it then.

Michael: Yeah, how far did you go?

Robert: I did an hour and 45 minutes.

Michael: An hour and 45 minutes at 15lbs per hand.

Robert: Yeah.

Michael: That's unbelievable. You're an animal. I think my buddy Jerry found out about you, and I manufacture hand-weight equipment, and I ended up acquiring the register trademark for Heavy Hands. Do you know about the guy, Leonard Schwartz, who wrote the book called "Heavy Hands" from back in the 80s?

Robert: I heard, vaguely. It was something that was in my head when I was in the service after high school. I mean, some people had heavy weights, and they just kind of sat in the back of my mind for decades, really. I really didn't take up the idea of using dumbbells until 2009 - that's when I first started them.

Michael: So, I've got the trademark for that book, "Heavy Hands," and then I interview people who do Heavy Hands, who have really been following the Leonard Schwartz guy, and I can tell you some other stuff that will blow your mind, but I wanted to see if I could do just a short recording, just get your story, because I share these stories with anyone who wants to know what people are doing with Heavy Hands and the benefit they have from them. First, tell me your name, and where do you live?

Robert: Robert Crockett, and I live in Blue Rock, Arkansas.

Michael: What do you do for work?

Robert: I'm a programmer. I program computers.

Michael: I see. And how old are you?

Robert: I'm 55.

Michael: So, you told me from the service, you had the idea about hand weights. Explain that. Did you have an idea about walking and pumping the hand weights back then?

Robert: Well, I was wanting to get the heart rate up, and the thing is my knees are good, but it's like I don't want them to deteriorate, and I had some knee problems, probably in 1996. I had knee surgery, it was laparoscopic. The surgeon assured me they were fine, but I'm getting older, and I don't want to get back in the jock and have the knee problems again. And, you know, I want my knees to last a long time, so we get around to 2009, and I'm kind of out of shape. I need an aerobic activity, and the limiting factor for me was always the legs, you know, what do I do about the legs? So, if I do get an injury, it was usually my knees would start aching.

Michael: Wait - if you got an injury? Were you a jogger at one time?

Robert: Well, I discovered if I did all legs on something, that was more prone to making my knees ache, and I never really did get to the bottom of that problem. I had a notion, and it turned out to be unsound, that real men did not do weights aerobically. You know, it was probably an Arnold Schwarzenegger notion that real men lifted weights and they didn't do things on the road or strictly endurance stuff. I changed that mode of thinking and also decided well, instead of jogging, I will get my heart rate up involving my arms, and I discovered that if I put more on my arms, then I didn't necessarily have to jog, particularly around hills. I could go up the hill and get the heart rate up and keep it up there, and I started with the Heavy Hands.

Michael: So, what was your first experience with the Heavy Hands? What...did you grab a pair of 5lb dumb bells and start pumping them?

Robert: Yeah, I started with 5-pounders, and the first time I did it, I did a half-hour.

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Michael: How did it feel?

Robert: I felt like I was twisting my arm off. It really hurt. My arms were not used to the work. I frankly didn't know what the limits are or the capabilities, but it seemed that every six, seven months, I would go up a weight, from 5 pounds to 8 pounds, and then from 8 to 10, and to 12 pounds, and then I finally went to 15. I have tried to go to 20 pounds before, and I have tried those out in an indoor gym that had a track in it, but I could only do about 200 yards before I had to go back to the 15s. I still do that if I have a track or something, or if I go a circular path, but, you know, I have to do 15s for the distance, and my conjecture is if they did have a pair of 18lb weights, I could probably go to those, but I'm not really sure. I don't know of anybody that makes 18-pounders. So, I've stuck with 15s.

Michael: Okay.

Robert: Now, I will do curls a little bit with 20s when I'm in the gym. Particularly, I'll step up on the platform. I have a science, so when I step up on the platform, my thighs go greater than 90 degrees. That's safety on my knees. So, I work out with the Heavy Hands in the gym. I'll also do Heavy Hands on the treadmill, that's one of my favorites. I have a treadmill where I can set the Heavy Hands down and catch my breath, and then I can pick them back up again.

Michael: When you started with 5, how often were you doing, and how far were you going, and consistent have you been from that progression from the 5 up to the 15?

Robert: Well, when I started out, I did it every day. I walked every day with them, six days a week, I'd rest on the seventh. I did that until about 2013, 2014, somewhere in there. I did that almost every day, and I had a health membership where I still did Heavy Hands, but I did other stuff too, and I had to change my routine out. I got involved with pushing a sled where you put weights on it, and I ended up blowing out both my plantars on both feet, so I could not really walk at all because both my plantars were fried. Fortunately, I didn't have to undergo surgery or anything, but one of the things I did was I kept the Heavy Hands but I moved to a stationary bike, that put no stress at all on my feet. So, I held onto the Heavy Hands, and it was one of these bikes that was hands-free, so I'd pump my arms and peddle. As with the treadmill, I couldn't do it continuously like I do in the videos on the open road. It's a series of steps. But, on the other hand, I had consistently more work on my legs when I was doing it. The treadmill I do now, I have 3.6 on the speed, and then a 15.0 grade - kind of a slow pace, but I prefer the elevation to speed.

Michael: Yeah, because you're so conditioned, you need to keep challenging yourself.

Robert: Yeah.

Michael: When you were doing six days a week, were you going a half hour at a time? Did you build up to an hour?

Robert: A normal workout was an hour and 15 minutes. That was a short course. I had an hour and a half course I did. I really didn't want to get below an hour and 15 minutes. I wanted to get enough aerobic workout there, because frankly I've had issues with my weight, and I'm one of these people that can do a lot of

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exercise and I still have to watch the eating - I have to pay careful attention to that. I tend to like to exercise longer because that takes the stress off of, frankly, having to suffer too much, you know, in the eating department. It's kind of a flawed paradox going forward, because I find that I have to be careful in the eating, and I can't do it all with exercise like I could in my younger days. I still like the longer sections with the aerobics.

Michael: You do it so you don't have to diet, really, or not starve yourself?

Robert: Right, and I tend to cut down on the carbs. I eat bread, but I don't eat nearly as much as I used to, and I'll do sweets maybe once a week. I try not to go above that. And, I eat fast food, but the fries are a killer. I stay away from fries. I might have fries once a month or so.

Michael: Do you drink soda?

Robert: I drink soda. It's mostly diet. I drink a lot of water in the day. I drink a lot of liquid in general, but I'll do a mix. A little bit of Diet Coke, and then what I call the double tap is that I'll fill it up with Diet Coke, and then I'll just do a tap, tap with sugar on top, that takes the diet taste out of it, it doesn't taste like diet. I think it cancels out what I call "anti-calories." The diet soda calories really aren't that good for you in and of themselves, so I throw a few of the real ones in there, but not too many.

Michael: You said you were pretty maybe unconditioned before you started. What were some of the biggest differences you noticed compared to before you started the Heavy Hands and after?

Robert: The biggest difference was that I finally found an aerobic exercise that worked for me. My knees weren't hurting me all the time. Before that, I'd get on a bicycle or something, I'd do it okay, and then I'd get on at a time and my knees would be aching. With the Heavy Hands, my legs were primarily straight and I would go up hills and stuff, but my knees would feel great. That was one of the few times I'd experience that, and I got used to doing that. In turn, because my knees did feel good, I could go for longer on the aerobics. I kind of changed things up - that was kind of a watershed moment, because once I started with the Heavy Hands, I got to rethink other parts of my exercise. For example, I do more than just Heavy Hands, but I use that as a base, and I'll do circuit training. One of the things, I'll go outside - if I'm not wearing the camera, one of the things I'll do frequently is if I'm walking on the Heavy Hands, I'll put the weights down in it and I'll do some push-ups or something. Push-ups are one of the main things I'll do on the road, I'll do some push-ups every tenth of a mile or so, I'll drop down for some push-ups, and it kind of amplifies the difficulty of the Heavy Hands, because I don't want them to get too easy, you know, and if you get some real muscle work in the middle of a workout, that just makes it all that much better, it makes those arms throb and you have to work harder to keep those weights going.

Michael: Did you develop your upper body pretty significantly during that progression?

Robert: Oh, yeah. The idea that I could actually gain strength by doing things aerobically was kind of a new notion with me. I'd spent years working every other day with the weights, type thing. I never really got bigger. I think it's because I just don't have that body type, and the Heavy Hands was something that went

along with the way my body is, to incorporate weights into the actual aerobic activity, and I don't consider myself all weights or all aerobics, you know, the traditional definition of it - I'm more of a hybrid somewhere. It'd be more like military training is the way I kind of think of it. It's more of a natural type training, where I'm not going after big weights so much as I am wearing out the muscles I work. I call the concept "forever sore." I want a group of muscles to be sore each and every day - that's my goal when I work out.

Michael: Can you describe the different movements that you're doing with the hand-weights, the Heavy Hands, while you're walking? Is it only one movement?

Robert: Yeah, it's pretty much...now, I do straight curls, that's my primary movement. When I'm going down a steep hill, I'll change over to hammer weights on the way down, because that's slightly more different than the curls.

Michael: What's a hammer weight?

Robert: Well, that's where your palms are inside. You're lifting vertically instead of having your palm up with your standard curls.

Michael: I see.

Robert: It's a slightly different way of doing curls. I'm not opposed to the shoulder press stuff, but when I add weight, it seems more natural to keep it curls. Each individual, that's a choice they make, but when I want to get the huff and puff going and stuff, I think curls are what does it.

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Michael: How high is the weight going? Are you bringing it to your shoulder, or are you going over your head? Kind of hard to tell on the video.

Robert: I'm going up to my shoulder. Now, the curl itself is a full range. It's all the way down and all the way up, as a curl. I don't lift it up into like a shoulder press.

Michael: Okay.

Robert: It stays a curl, but it's a full-range curl.

Michael: But, you're going with your natural walking movement.

Robert: Right.

Michael: Gotcha.

Robert: When I'm in the gym, I'll do some shoulder presses, but generally I do that with heavier weights when I'm doing a more circuit-type training. When I'm in the gym, I'll either do on the treadmill or I'll do a circuit-train with other things. I'll use bowling pins, I have a practice sword I'll use, I'll do round-robin on my routine. The bottom line at the gym is to not ever be still, let's be doing something. Even when I'm resting off of one set, I'm almost always doing something else. I just like to keep going. My philosophy is you get to the gym, and you're there for business and you get it over with, you hit it hard, and you get out of their center. That's the way I figure. But, my workouts are

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an hour and a half in the gym, minimum, and then sometimes I'll go up to two hours, particularly on the weekends. I do two main things - I'll do walking weights either in the gym or outside, I do those three times a week, and the other days I'll do rowing, and I'll do an hour and a half to two hours on the rower. The Concept 2 - that's the machine - that being said, I wear hand-weights when I row. I put some strap-on, I think either 2.5 or 5lbs, I can't remember, but that's a dead weight I'll lift along with the handle when I'm doing the rowing. That's to help get the heart rate up. But, I own my own rowing machine. It's one of the things I've carried with me over the years. It's a Schwinn - the Schwinn is actually a better rowing machine. I don't have the weights to get that heart rate up, but it sounds like an airplane. I don't use that as much, even though that's clearly my favorite machine.

Michael: What's your resting heart rate? Do you know?

Robert: The last time I had it taken, that was four years ago. I went to see an internalist, and there's a story about this. My resting heart rate, he measured it as 30 beats a minute.

Michael: [Laughter] And he thought there was something wrong, didn't he?

Robert: He sent me to the cardiologist, because he couldn't believe that I only had 30 beats a minute. He thought he was going to have to put a pacemaker in me. So, I went over to the cardiologist, and the cardiologist said, "No, he's just healthy." And he's like, "Wow!" I've kept busy most of my life, and I think in today's society, it's a real challenge to stay busy, because all of the culture...particularly if you watch TV, it's one thing after another enticing you to eat snacks, share your food, from your friend

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over there that's offering it. It's being offered from all sides - it's hard to really avoid it. And then, combine that to the fact that I work in the office, and the office type of environment in general, if you're on salary, your free time is optional as far as your boss is concerned, or a lot of bosses out there, so it's really a struggle to keep up an exercise routine. I think most people go through life, and they go through the cycle, they'll gain weight, and then they'll get disgusted with it. They'll get on a routine, and then they'll lose it. Up until 2009, I wasn't any different. I went through that cycle myself. There were long periods where I didn't really exercise much at all, and then I'd get after it and get serious with it. I look back, and I think a lot of that was due to the fact that I wasn't eating correctly. When I went through basic nutrition when I studied biology in college, their thought was the average person was supposed to get 75 to 80 percent of their calories through carbs, and the other part to be vegetables and fruit and meat. I learned after 2009, it was probably...it may have been 2010 or '11, I started cutting back on the carbs and I started upping the meat. That really started keeping the hunger pounds from me. That's where I started getting stability. Another thing that I discovered, on Yahoo, they had a study in Italy. There were two groups of individuals. One group ate normally, cooking with olive oil and whole foods types of fats, and the other group was like me - I had shunned all sorts of fats and really didn't want to have anything to do with them. Well, what surprised me was the article came back and it talked about the group that cooked regularly with olive oil was judged to be the more healthy group, and I was taken aback by that, and thought to myself, "Hm, maybe I'll have to take a look at this olive oil stuff," because prior to that, I had never eaten olive oil in my life, and to me, it's a miracle food. I don't know what I would do without it nowadays. I think it's really been a godsend, you might say. There's so many notions in nutrition that have been overturned, and I tend to like to stick with whole foods as much as possible. I eat a lot of vegetables. I do a whole lot of sautéing, and I've moved my eating of vegetables

to the morning time instead of the evening. I have pretty hefty omelets, when I make them.

Michael: How many calories do you think you eat a day now?

Robert: That's a good question.

Michael: Tell me this. What did you have for breakfast today?

Robert: I had three eggs. I had probably, I'm guessing two to three ounces of cheese. I'm guessing, I haven't weighed any of this, I'm making a guess of this. I cook in an iron skillet with olive oil, and I sauté vegetables. I start off with spinach, and I put jalapenos in there. When I have them, I use peppers, I love serranoes, and onions, and then mushrooms. I fill those up about halfway up the skillet. I sauté those, and then I drain off the excess oil and I put in the three eggs and I add the cheese. That's my omelet.

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www.WeightedHands.com.

Michael: That sounds delicious. Okay.

Robert: It's not a perfect omelet. I call it a semi-omelet, because with that many vegetables it really doesn't stay together, but I don't absolutely seek to scramble it. I like to make it as omelet-like as I can get. And then for bread, I generally have the equivalent of one square ciabatta bun, sometimes one and a half. When I'm real hungry, I'll have a whole one and then I'll cut another one

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and I'll have half of that, so that's three, I guess ciabatta pieces. I don't eat a whole lot of bread, but I tend to go after the deli bread. I don't get the cheap junk on the bread. The super cheap bread, I try to stay away from that stuff.

Michael: You have that with breakfast, right?

Robert: Right.

Michael: Okay. What else?

Robert: Well, at lunch, I mentioned I go to the fast food, and you can't really stay away from going to restaurants. I know I'm that way. I go to Burger King, today I got a triple whopper with cheese. I get it plain, I add a fourth patty on there. I take the bottom bun and I throw it away, and I'll probably tear off a quarter of the top of the bun with sesame seeds on it - I'll tear it, about a quarter of it away, sometimes a third of it. I'll tear what's left of that and I'll put half of it on top and half of it on the bottom, that's lunch. And then for dinner I'll sauté the chicken tenders, I'll sauté some vegetables. If I'm cooking for my son, I'll sauté it all in beer and cook it down. I use a generous amount of olive oil. I try not to have it swimming in olive oil, but I'm not really afraid of it either, and then the bread I'll have the same portion I have for breakfast. Sometimes it's three cut slices, other times it's just two. It depends on the mood I'm in.

Michael: Are these workouts ever wiping you out, like you're just wiped out from walking with 15 pounds for an hour and 45 minutes?

Robert: You mean wipe me out as in...

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Michael: Tired, after your workout.

Robert: Yeah. Obviously, I don't feel like doing any more work, but I feel like getting up and around. I mean that's not really a bad thing. Sometimes I'll see my kids, sort of like a victory lap, I'll do that quite frequently. I'm not out of energy, it's just that I'm through with the exercise. Probably, the longest I ever worked out with the Heavy Hands, I got up to three hours and 45 minutes.

Michael: At what weight?

Robert: Those were the 15s.

Michael: Woah.

Robert: That was probably four years ago. Now, that one did wipe me out.

Michael: Now, let me ask you this. Did you experience any finger pain, wrist, elbow, tennis elbow, shoulder? What kind of aches and pains did you work through?

Robert: Oh, okay. Primarily my lower back had a little ache. It wasn't bad, but I did know I was sore. It was the sore that I kind of wore as a badge of honor, you know, that's kind of part of my "forever sore" philosophy. I didn't feel like I had overdone it. I felt like I did the work today. When I did that super long workout, I had a very hearty meal.

Michael: Oh, I bet. [Light laughter] Man, you're doing a tremendous amount of work. You're burning an incredible amount of energy. Your upper body and your arms have got to be so conditioned. You're burning so much fat, it would astound you. It would be really cool to get you on a - you know, you put the oxygen mask on, and they measure your rate of fat burning while you're doing exercise, that would be really interesting to see, because you're conditioned. You've been doing this for so long. I mean, your heart rate is at 30 beats per minute. It would be cool to see what your VO_2 is, okay, how much oxygen you're burning. I bet you're up there in the top one percent with the Olympic cross-country skiers. Those skiers have the highest VO_2 . They're burning more oxygen, doing more work than any other sport, because they're using their arms and they're using their legs. I'd love to send you the book "Heavy Hands," because...first off, I'll tell you a little history. Have you heard of Steve Reeves?

Robert: No, I haven't.

Michael: Okay, you've got to Google him. Steve Reeves was a body builder. He was the guy Arnold Schwarzenegger wanted to become. He was the guy Sylvester Stallone wanted to become. He was incredibly good looking, and in 1982, he published a best-selling book called "Powerwalking." You've heard the term powerwalking, right?

Robert: Yeah, I've heard of that. That's without weights, isn't it?

Michael: No, it's with weights.

Robert: Oh, okay.

Michael: So, he wanted to do something that in no way would be jarring or damaging to his knees, because he was getting bad knee pain from running. So, he thought of a way, since he was in bodybuilding, he was using progressive resistance to build his body, and he was also Mr. Universe, okay, he was an incredible physique. He wrote the book "Powerwalking." The book was okay, it just told about his system of walking, and he would walk with 5lbs in each hand, and he would strap ankle-weights on his legs, and he would do these large strides and he would walk with the weights and he had weights on his legs, and it was aerobic conditioning. This is how he stayed in shape, and he wrote a book about it, and at the same time, another book was published by this guy named Dr. Leonard Schwartz. Now, both these guys are dead now. Leonard Schwartz was a shrink, and he was a runner, and he had pulled his hamstring, so he was looking for a way to increase his heart rate and he started swinging around a bat, and then he came up with the idea to move his arms and he walked with soup cans in his hands, and then he developed and patented these hand-weights called "Heavy Hands." Haven't you seen the red handles? They're called "Heavy Hands," they're red, and they have a strap that goes behind your hand. These were the traditional Heavy Hands, two million sets were sold all through the '80s, okay, during the aerobic revolution, and he sold millions of sets of these things, he published a book called "Heavy Hands: The ultimate exercise," he spent millions of dollars of his own money researching the effects of walking with Heavy Hands, and he has all the science in the book. If you went to my Weighted Hands website, I've got a bunch of his research papers on the energy you burn walking with Heavy Hands, so you may find it interesting just reading over some of these research papers and especially...I can send you the book. The book is incredible. He got into some of the science of why it's so good

for your heart. It's a pretty deep book, I mean, honestly, a lot of it I still don't understand, but it's just a really great story. I mean, you're doing the same thing that Steve Reeves did and that Schwartz did. You know, so many people just don't have a clue what a great exercise this is, and the awareness of how bad running is for your knees and your hips, it's just terrible, and this is a great alternative to get your heart rate up. People are out there walking anyway, and they're doing nothing with their hands.

Robert: That's what I think. My son gets embarrassed with me walking with my Hands, and when I go to the mountain, he wants me to leave my weights there, and I say "No." I say, "I'll drop you off at the other edge or something," because I'm like, I want my hands busy, you know, that's part of my workout.

Michael: How old is your son?

Robert: He will be 21 in May.

Michael: Okay. I've got a 17-year old and I've got a 14-year old, and both of them the same thing. They won't walk with me when I go walk around the neighborhood, they're embarrassed.

Robert: I've gotten him to go to the gym. He lifts weights, he's got buddies that do that. He doesn't want to do what I'm doing, because I'm dad, and dad's not cool, at least not yet.

Michael: Yeah, that's right.

Robert: Another 10 years, I might be cool again.

Michael: Okay [Light laughter], that's so funny. Look, that is one of the things I think...you know, Heavy Hands was super popular for a while, and then it just died. I think there were some bad rumors going around that were spread by some companies that were marketing Nordic Skiing, you know, the pole walking, Nordic walking or trekking, that's when you're walking up with the ski poles and you're pushing off with the poles, and you get a little resistance, but it's nothing like Heavy Hands, not even close.

Robert: I guess in 2009, one of the first mistakes I made was I did only the Heavy Hands. I did that six days a week, and you know, I was hard-pressed to even do any kind of cross-training, and I think that was a mistake, because one of the things when I blew out my plantars was, my brother pointed this out, that I wasn't working out my calves at all, you know, not directly.

Michael: Yeah.

Robert: And so, one of the things is I make sure I do those, because those actually help out my plantars so that my feet are strong. I've tried to address that a little bit more, and my half-brother owns a gym and so I've been going to his gym, and I get to rowing in there - that's the other half of what I do.

Michael: Yeah, that's a lot of work too, there.

Robert: Believe it or not, you know, on the rowing part of it, I had an auto accident back around 1990, and what happened was, there was a tool box I had in the back of my car. I fully rolled the

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car, and the toolbox hit me square in the back, and I had a lot of pain there, you know, I went to the chiropractor, I had various pharmaceuticals and whatnot, and I was afraid of the rowing machine until I actually started doing it, and what prompted me to get after it, I don't know, but I ended up buying a rowing machine, and I was doing two hours a day. Once I worked up to that, my back problems just went away, and it's different doing a rowing machine versus lifting weights. You don't really work it deep internally around your spine outside the rowing machine. I tried it with weights, it's just not the same. Not all at once, but you've got to wear out the muscles, you know, so that you can make them stronger. I mean, you haven't really worked it until you've done a rowing machine, and it's a deeper type of work. That's the other thing I do. Primarily, other than that, keeping my back going strong, there's really nothing that can replace a rowing machine for that other part of it.

Michael: No, that's good advice. You don't want to just do one thing, you want to change it up - so, if you're doing Heavy Hands, do some other stuff, do some sprinting, do some rowing, do a little weight lifting, but it's a nice, stable aerobic exercise that you could do a lot with in a short amount of time.

Robert: When I took up the rowing, like the Heavy Hands, I worked it six days a week. When I was doing that, I was only doing that. So, I'm not opposed - every once in a while, I'll do the Heavy Hands and I'll do the rowing. Now I won't do two hours of each or anything like that, but between the two of them I'll get maybe two, two and a half hours between them, so that's a pretty good workout day. It's kind of like the old Reese's commercial with the chocolate and peanut butter together.

Michael: Tell me some stories of when people see you walking with the 15lb weights. I did hear you talking about on the video how you

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want to get attention from the ladies. This is a great thing to do. What have people said to you? Have they stopped you? Have they asked you?

Robert: The most pronounced one, I went to a visual studio conference of Microsoft up in Seattle. That was back...I think it was 2010. It was October, and I was outside with my Heavy Hands. I had to pack these all by themselves, and so I took those to Seattle, and I was walking outside, and this lady stops me on the side of the road. I mean, she wanted to go out with me. I didn't know...it's one of those things I regret, because I turned her down. I was in the middle of a workout, and I'm kind of funny about that, because I won't do anything but complete the workout. But, she wanted right there to take me in her car and go off to who knows where, and I'm not really a trusting person. I didn't know whether she had some buddies to mug me or what. But, most of all, I was in the middle of my workout, and I didn't want to stop. I was in such and such hotel, it was the Marriott in Redmond, and we could meet up later, but I guess that didn't appeal to her. That was probably the most pronounced time. I also wonder if I had gotten into the car what would have happened, I probably would have been feeling guilty about not completing the workout.

Michael: That probably was a wise choice you know, not to do that.

Robert: Yeah. I was stopped over here in Little Rock walking. It was a winter day, it was 2012, and this lady - now there's nothing romantic about this - she had her two kids, and I wear a striped shirt, and that year I wore a red-striped shirt - that's a different story in and of itself. I wore this striped shirt and I had a red hat on there, and she pulled up to me and she said, "My kids are saying you look like Waldo," you know, from "Where's Waldo?" She was interested in the weights and she asked me about

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them and we talked a few minutes and stuff, but I'm always getting comments on them. I mean, just either glances or people will say a remark. They won't really be talking to me, but they'll say them in passing. They say it in such a way that they don't really want to talk, but they acknowledge that I have them.

I guess the funniest time was I had gone up to Pinnacle Mountain. I guess it was the first time I had gone up there, and this lady was coming down, you know, I didn't even have eye contact with this lady, but she was coming down. I think she was with her boyfriend or something, and she looked at me, and she said, "In God's name, no!" She was looking at my Heavy Hands, and she just gasped. I was walking up the hill with the Heavy Hands and she was coming down, and it's like, lady, I'm not even talking to you. I wasn't even looking at you! What is this nonsense? [Light laughter]

Michael: That's funny. So, where do you have your camera situated? How are you filming that when you're on Youtube?

Robert: I have a chest harness. It's not a perfect fit. I guess the shell where I pop the camera in...it works, but it's not a perfect fit. Now, it stays in there and everything, but it really wasn't envisioned for just placing...it came with a waterproof case, but if I put it in the waterproof case, it's got no sound. My struggle was to get the camera in there so I'd have all the sound. Now, it wouldn't be waterproof, but it did have a good picture and I had all the audio with it also.

Michael: Alright, so are you going to continue doing your videos?

Robert: Yes, yes.

Michael: Are you doing it every time you walk? Or just once a week?
What are you doing?

Robert: I haven't done one in a while, and I probably envision doing these around the weekend. This is really a weekend thing. It took me probably 24 hours to render and upload the video, the last one. I did it Sunday afternoon, and it was probably an hour and a half to convert that to MP4, you know, from the video format. When I got up to go to work, it was still uploading to Youtube. It was definitely sometime after I left for work, but I couldn't check my computer until I got home. So, that turned out to be a 24-hour upload for that. I'm thinking that the weekend is probably my best bet for it.

Michael: Alright. It'd be cool if you could turn the video around on yourself, you know, so you could see yourself. And, I know they do make harnesses - I've looked at them, because in the promotion of my Weighted Hands, or my Heavy Hands, I was going to do that, and I was looking for a vest. There's someone in Australia who makes one and it's kind of like a vest, and you have the pole out in front of you, kind of like a selfie stick, and then it's turned on yourself. Your videos are good, it's nice seeing the scenery, but it'd be cooler seeing you and talking while you're pumping the weights and everything. But, anyway, you're kicking butt. I'm really impressed. I'm going to email you and I'll send you a link to Steve Reeves, a little outline on the "Powerwalking" book. I think you'd get a kick out of that. This guy was the man. This is who Arnold Schwarzenegger idolized, and he didn't do any steroids, okay. He was a hardcore body builder, no 'roids, nothing like that, and then I'll send you my "Heavy Hands" book. You might get an interest out of the original "Heavy Hands."

Robert: Yeah, I'd like to take a look at it. I'm always looking for things to read and stuff. Half of my life I spend at the computer, and the other half I try to spend being away from the computer.

Michael: I understand. I'll shoot this email out and check it out and send me your address and I'll put a book in the mail for you.

Robert: Okay.

Michael: Oh, I'm going to send you a link to all of my other interviews, too. I've got about 17 of them. Some are with 80-year old ex-marines. I mean, there's some great, interesting stuff. You just read the headlines and see what looks interesting to you, okay?

Robert: Okay. You know, my one great regret in my life is that I was in the marines also, not during war times, but I was in the marines. I regret not doing Heavy Hands while I was in the service, that would have been so cool. I think it was wasted time, looking back on it.

Michael: So, what advice would you give someone who wants to get in shape, who wants to take some weight off, and is considering getting into this Heavy Hands? What fatherly advice would you give to them?

Robert: Well, first thing I would say is that when you walk, the arms need to move with it. If you've got to walk and you cannot move the weights, then you're doing too heavy and you need to drop back to a lighter weight. The idea is, I work the arms like a fly wheel, it's always moving. So, any weight you choose, you have to be able to always move it. Now, it may slow you down,

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but it does never need to stop - that's the first thing. The second thing is, don't be afraid to take a break and catch your breath. I think a lot of newbies, they get discouraged with the fact that they run out of air, and they've got to breathe hard, and they think, "Well, I can't do it," so they give up at that point. Just catch your breath. You need to find out what your target heart rate is and the idea is not so much whether you're going or staying still, but keeping that heart rate up there, no matter how many breaks you have to take. That would be my advice to newbies on this.

Michael: Okay. Very good. Thank you so much and we'll definitely talk again. Send me your address and I'll send you out a book. Okay man, take care.

Robert: Okay, have a great day.

Michael: You too, Robert.

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