

# WEIGHTED HANDS <sup>®</sup>

RAPID WEIGHT LOSS SYSTEM

Audio Interview Series

## **His Mom Had a Set of HeavyHands... Here's Why He Had to Have One Too**

Adam grew up with HeavyHands because his mom had a set of them, so he saw firsthand how they can help with weight loss and fitness. And while Adam's only been using his set for the last couple of weeks, he says the weight's been coming off like butter.

He walks an 8-mile route, all while lifting the weights above his head, boxing with them, and pumping them. When his friend reminded him that he'd "better be doing curls." Adam's reply was, "I'm doing about 2,100 of them." And all while he's walking. He's lost 40 pounds in the last seven weeks. And in this audio, you'll hear the fitness routine he used to get there.

### **You'll Also Hear...**

- Why Adam wants to get a set of heavier weights so he can cut down on his walking -- why that might not be such a good idea, and some tips for intensifying and changing up his workout so he gets the added benefits he's looking for
- The real reason a calorie burning calculator isn't an accurate way to measure the intensity and resistance of your HeavyHands workout
- The surprising areas you'll see the weight come off first (and lean muscle appear in its place) – and how to target those areas so you see it even faster

Adam says his weight was all in his chest and gut – but because he's using all four limbs during his walks, pumping and curling, and mixing it up – he's already seeing a tremendous difference. And in this audio, you'll hear all about it.

Michael: Hi. It's Michael Senoff here and I'm the founder and developer of [www.WeightedHands.com](http://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 stairclimbers, 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 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.

Adam: Hello?

Michael: Hey, Adam, it's Mike Senoff here in San Diego. How are you doing?

Adam: I'm good.

Michael: So you've lost 40 pounds in the last 7 weeks?

Adam: Yeah.

Michael: That is incredible.

Adam: All walking. No sugar, no carbs, only protein and only fruits and vegetables.

Michael: How long have you had the Weighted Hands that I sent you?

Adam: Two weeks ago.

Michael: Remind me how much you were walking with before you got these Weighted Hands? You had the old Heavy Hands. How much were you walking with?

Adam: I had nothing. My mom had them a long time ago and then I found you guys online and then I ordered them from you. I think you gave me 5.5 pounds each, and my first day walking with 5.5 pounds was 2.5 miles.

Michael: How did it feel?

Adam: No big deal. It was easy, and now this morning I did 8 miles.

Michael: How high are you pumping them?

Adam: I'm lifting them above my head, regular curls, I'm crossing when I do like boxing moves when I'm walking.

Michael: You're doing that with each step, right?

Adam: Every step. My buddy was funny – because I got a thing that tells me how many steps and my buddy is like, “Dude, I hope you're doing curls.” I did like 21,000 curls. He's like, “No way, dude.” I'm like yeah, when I'm walking, I'm moving my arms the entire time. My arms are getting strong.

Michael: Have you noticed the weight coming off easier now that you have the hand weights?

Adam: Oh, yeah.

Michael: It's melting off like butter.

Adam: Yeah. It's a combination of that and diet, and then I started riding my bike again, so today I did 8 miles in the morning and then when I'm finished today, I'll probably go ride my bike for probably 25 miles.

Michael: That's some serious exercise.

Adam: Yeah, and I'm never sore. It's crazy. I have a hot tub and I go in my hot tub every single day. I'm never sore.

Michael: So you're really not cutting down your miles just because you have the Heavy Hands. You're doing the same amount of walking, you're just ramping up the calorie burn.

Adam: That's why I'm thinking I should maybe get some heavier weights when I'm walking. Maybe I'll get my miles down. I literally walk for 2 or 3 hours.

Michael: Maybe what you should do – I'm getting ready to go walk right now and I'll alternate. I'll walk heavy and I'll walk light. I like to walk heavy most of the time, but if I do heavy every single day – and heavy is 11.5 pounds in each hand – if I do heavy every day, it's too much. I don't want to injure myself. I think your strategy right now, even though you've got 5.5, I think you need that lighter weight for the real long walks like that. I don't think it's necessary for you to strain yourself because you're going long distances and you're burning up the calories. I'd recommend maybe you get a set of either my 4 pound weights, which would put 9.5 pounds in each hand, and then maybe twice a week to start off with, go a mile or two with the 9.5 pounds, or I can set you up with a set of 5 pound weights that'll give you 11.5, and you're going to feel the difference.

Adam: That's what I have now. Don't I have 5.5 in each hand now?

Michael: You have 5.5 but I'm talking about doubling. I'd give you four 5 pound weights. Right now you have two 5 pound weights, so you can do a heavy version.

Adam: I want to be able to do the heavier weight and go less miles. That's what I'm thinking. I want to do a heavier weight and instead of doing 8 miles, I want to walk 4.

Michael: I think that's doable. You'll have to work up to it with the heavier weight, but you may surprise me.

*If you want to learn how to burn maximum calories in minimum time and have it feel easy, go to my site [www.WeightedHands.com](http://www.WeightedHands.com).*

Adam: My trainer buddy, he's like, "Dude, you're like a freak of nature."

Michael: How tall are you?

Adam: I'm 5'7.5". I weighed 254 pounds and I'm at 214 right now, but my legs – my buddy Lou is a world champion bodybuilder. He's like dude, in the day, if you were in your twenties, you'd be a world class bodybuilder because my legs are strong. I used to do a lot of triathlons and I've gone on 100 mile bike rides before. I used to ride from Santa Monica to Santa Barbara, spend the night, and then ride back from Santa Barbara to Santa Monica.

Michael: That is insane.

Adam: My legs are crazy strong. All my weight was in my gut and in my chest, but it's just falling off now. One thing I noticed when I started walking with the Heavy Hands is that I can feel it in my butt and in my legs. You would think you'd feel it in your arms. I didn't really feel it in my arms. I felt my legs.

Michael: Your weight distribution is different and your legs have to compensate. When I started going up to the heavier weight, I felt it in my groin muscle. I felt like I pulled my groin out just a little bit but that's just your tendon –

Adam: That's funny that you say that because I thought I hurt myself, and it wasn't. I thought I pulled something, and it was just my body compensating for the weight. It had to have been, because after 2 or 3 days, it was gone. I must have had the same exact thing happen.

Michael: Yeah, I think it's just your tendons and ligaments and muscles, because of the different type of gait and the weight in your hands, just adjusting. It will take some time, so you'll have a few little pains and aches on the way, but you'll get used to it.

Adam: If you give me the bigger weight, I just unscrew the ends, right?

Michael: Yeah, just unscrew them and twist them on.

Adam: So let's do that.

Michael: Tell me what you want to do. If I give you a set of the 4 pounds, that's going to give you 9.5 pounds in each hand or I can give you a set of the 5 pounds, which would give you 11.5 pounds in each hand.

Adam: What do you think?

Michael: I think you should go for the 5 pounders and just walk less until you build up to it because I know after a couple weeks, they're going to start feeling light to you.

Adam: Let's do that.

Michael: I'd love a fat picture of you, and then a picture now and then a picture in 60 days, holding your Weighted Hands. Email it to me. Get your buddy to take a digital picture with your iPhone. That would be great. All right, man, good talking to you. Keep up the good work and take it slow. Don't hurt yourself with the heavier weights. Do a half a mile at first, see how they feel, and go slow. The worst thing you can do is injure yourself.

Adam: Yeah, I have a whole loop because I can leave from my house and I have my pedometer and it does my miles, so I know exactly where one mile is. If I want to go walk one mile, I can go walk one mile. If I want to walk 2.8 miles, I'll loop around 2.8. I keep it all on my computer, so I know exactly, okay, I'm going to do a 12 mile walk like I did yesterday. I got to go around Brentwood Country Club, I got to go back up 26, down San Baseni, down the end of the Santa Monica Pier, then I got to come back up and it's crazy how accurate it is.

Michael: Are you wearing a hat?

Adam: Yes.

Michael: I've got probably the world's best sweatband and I've got it embroidered. It says "Weighted Hands" on it and you'll see it up on my website. It'll keep all the sweat out of your eyes. It's patented technology. You want me to include one of those?

Adam: Yes.

Michael: Okay, you got it.

Adam: You can wring out my shirt when I'm done. I come home and my kids are like "Daddy, that is crazy how sweaty you are."

Michael: That's great. That means you're burning up the fat.

Adam: My little Nano says on some of these walks I'm burning like 1500-1800 calories.

Michael: Wait, you got like a Fitbit?

Adam: The Nano.

Michael: Here's the thing, you're burning more than what that says. That's just measuring your rate and it's measuring your steps but I'm telling you, Adam, that thing is not measuring your intensity. It can't measure the resistance in your arms and the weight you're

picking up, so look in the back of the book that I sent you, and there's some tables back there and you can calculate your calories burned, but keep it up. This is a great story. Take care, buddy. 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 [www.WeightedHands.com](http://www.WeightedHands.com).*

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## **AMAZING RESULTS in less time and all you have to do is walk with Weighted Hands.**

Use Weighted Hands for 14 days. WE PROMISE RESULTS! You'll FEEL and LOOK stronger. Results YOU can actually SEE in a mirror and measure with a tape! There's no need to undress, no need for strenuous exercise, no need for expensive gym visits. Now build the body you've always wanted in Just minutes per day in the PRIVACY OF YOUR OWN HOME. Weighted Hands can start you on the way to a magnificent lean body! Try Weighted Hands for six weeks if you don't see results we'll give you your money back - GUARANTEED! Financing options available.

### **Faster Results Guaranteed**

It's All In The Hands. All the research and workloads have been calculated by state-of-the-art human performance labs. For example, if you weigh 175 lbs. and you walk 30 minutes pumping 11 lbs. Weighted Hands to shoulder height at a rate of 100 pumps per minute, you're going to incinerate 600+ kilocalories. And your grip strength, your upper body, your arms and your chest are going to get conditioned like never before. You'll feel and look better too. And as you whiteness the changes in you, your confidence is going to shoot through the roof.

### **Burn Maximum Calories In Minimum Time**

Walk with Weighted Hands and enjoy a workout that not only feels ESIER than running or biking but get's you better results in up to half the time: We say . . "save your knees and "Run With Your Hands". If you are tired of boring workouts at the gym on the elliptical, treadmill or stair stepper, then you're so going to love walking with Weighted Hands. Walking at the same pace with Weighted Hands will burn far more calories than walking alone and you're not stuck inside because you CAN be outside in the sunlight getting the perfect cardio and muscle toning workout in half the time. Weighted hands is the perfect way to make walking more challenging, more fun and more effective. You'll enjoy the benefits of walking along with the challenges of an upper body workout without the stress on your knees , ankles, and hips. Eating healthy and walking with Weighted Hands for 30 minutes per day three times per week, you can expect to . . . \* Burn more calories in less time. \* Tone and tighten your body while melting fat around your face, legs, thighs, arms and belly. \* Get an intense cardio and upper body workout that feels easy and is low impact on your joints \* Increased in energy, mood and stamina. Your protected by the "Weighted Hands Buy Back Guarantee" Try Weighted Hands for six weeks if you don't see results we'll give you your money back - GUARANTEED! Financing options available - Call/Text now 858-692-9461

### **Gear Designed To Fit Your Old HeavyHands Equipment**

We've got you covered. Not only is our gear comfortable, it just looks cool. And all of our weights and grips fit with your old AMF Heavyhands handles and weights. We designed it that way. Weighted Hands should not be confused with dumbbells. One look at our ergonomic design clearly sets Weighted Hands apart from such conventional weights. Our

textured non-slip grip and form fitting back-straps will provide you with maximum comfort over an extended period. They'll fit snugly onto your hands. They don't have to be gripped as tight so there is no chafing, no straining, no cramps, and no constriction. You're going to thank us after just one workout for how functional these grips feel compared to your old 1970s foam coated Heavyhands handles. Kiss wrist, elbow and joint pain goodbye when you switch to the Grip Without Slip. Call now to order your set today 1- 858-692-9461 or go to <http://www.WeightedHands.com>