

# WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

## Modify Your Workout And Stay Athletic Your Entire Life

Bob used to be an all-around athlete. He did triathlons, was an avid skier, played tennis and golf. Then, he blew his knee out.

Fortunately, Bob has been working out with HeavyHands since the 1980s. When he was younger, he says he used them to help him reach his peak athletic shape. And now that he's older with knee problems, he uses them to get a full-body workout while he's walking – without pounding his knee or his back. And in this audio, you'll hear how HeavyHands can be a part of your workout throughout your life too – no matter what stage of the game you're currently in.

### You'll Also Hear...

- \* A quick guide to how much the weights and handles weigh and how to run the calculations – so you always know how much you're carrying
- \* The one workout Bob says has given him the most definition for his arms – it's also good for cardio and a great way to lose weight too
- \* Why Bob says the new handles can help you get more of a workout in

Getting older doesn't mean you have to be out of shape. It just means you have to look for ways to modify your workout after injuries or arthritis. And in this audio, you'll hear how Bob uses HeavyHands to help him do that.

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 gym memberships, no stair climbers, no treadmills, no ellipticals. I wanted something that feels easy but to get 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 Hands 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. Enjoy the interview. Now let's get going.

Michael: Hello. This is Michael.

Bob: Michael, Hi, this is Bob Curley.

Michael: Hey, Bob.

Bob: What happened to me is I had the original Heavy Hands that had the red foam handles on them. That was back in the 80s. When I moved to another house, I ordered a pair of Heavy Hands with 5-pound weights on them from a company, and they fit the screw-on weights that I had from AMF. Then I had weights in the back of my car and took my car in to get serviced. When I went to pick up the car, they weren't there, and they denied that they were stolen. Anyway, when I called the company back to order some more, they said they'd gone out of business.

Michael: Tell me, how have you used them from the very start? What methods do you use? And tell me, what do you like about them?

Bob: When I was younger, I'd actually, when I was doing a stationary bike, I'd put them in my hands and do the stationary. When I was in avid skier, I blew one knee out, so I quit. I used to do triathlons. When I decided to quit running I just walked faster and walked on an incline in the gym, not so much walk on an incline, but when I'd go outside and just walk, I would take the Heavy Hands.

What I'm doing right now is I'm just using 8-pound dumbbells. I've got a whole set of dumbbells. I took 8-pound dumbbells out. I'd rather go with the Heavy Hands. What I was doing with the Heavy

Hands was I'd go out and walk at this park about a mile-and-half, so it would take me about 30 minutes to do the Heavy Hands. I would do all kinds of different exercises. I'd do curls, reverse curls, overhead press. I'd do flies. I'd do reverse triceps. You know, I'd be walking and go back with it.

Michael: Yeah.

Bob: Anyway, I did about eight different arm exercises, and I did three sets of all of those going around this park.

Michael: For how many year?

Bob: Probably five or six.

Michael: What did you notice after you started doing that?

Bob: It helps my arms. It gives me a little bit more definition. It helps me lose some weight.

Michael: That's great.

Bob: It was good for cardio, too. Because I quit running, I just feel like walking is not enough. I want to be doing something with my arms to burn more calories and not only get the leg exercises, but at the same time I'm getting some upper body exercise.

Michael: All right. That's fantastic.

*You're listening to an interview on Michael Senoff's [weightedhands.com](http://weightedhands.com).*

Okay, so you called the company. They said they went out of business. You did a search, and then you found my Weighted Hands website.

Bob: I bought the Heavy Hands, 3 and 5. When the number 5's got too light, that was about four years ago. I called a company. I don't know who it was, maybe it was AMF, and bought the 5-pound black weights with black handles. They were still foam, and I got those sent to me, and after about eight months, they were stolen out of the back of my car. Then when I called back, the company was out of business.

Just here recently, I've gone back to ... because you said #5 is too light, I went back to 8-pound dumbbells, and I thought, "I'm going

to try on the web and see if there's anybody now making these things." Lo and behold, you're doing it, and actually you've got a nicer handle. It's a rubber handle that doesn't absorb the sweat, and it's not red so it doesn't show the dirt or sweat that these red handles do.

Michael: Okay, perfect. This handle is like night and day. I'll custom-fit that handle for your hand size. You told me, I think, on your voicemail, you'd ordered a large set of the red handles and then a regular set, so are your hands pretty big?

Bob: I wear a golf glove size of a medium/large.

Michael: A medium/large, okay, so I can custom-fit that back strap. It will fit snugly, and it won't be too tight, and it won't be too loose, and it's a lot more comfortable. You're going to get a lot more out of your workouts with our handle. You also mentioned you think you want to go to about 11 pounds in each hand?

Bob: Yeah, that's what I couldn't figure out. Some of these ads are confusing.

Michael: They are. If you have your red handle in the #5s, that's going to be 5 pounds in each hand, so you can assume you're going to be doubling that. You'll be doing a little more with my handle, because your red handle is a pound. My handle is about a pound and a half.

Bob: The ones that I lost, they were 11 pounds.

Michael: Did they say #10 on them?

Bob: Yes.

Michael: Okay. Yeah, that's it. You're just going to go up a half a pound with my handle. I'll send you (4) 5-pound weights, so 5+5, plus 1-1/2 pounds for my handle is going to give you 11-1/2.

Bob: That will smoke me in that half-an-hour, because I'm constantly moving. I just don't hold them. I rotate back and forth for my forearms.

Michael: Do you think that may be too much for you if you're doing all the movements? We can drop you down to 9-1/2, and I would think if you're doing all the movements, I think you may want to go a little lower. If you're just pumping and walking, there's nothing wrong

with 11-1/2 or pumping and walking and doing some overhead press stuff but if you really want to do all your movements, I think you may be better off with a set of 4 pounds, which will give you 9-1/2 pounds in each hand.

Bob: Let's go 11.

Michael: Okay, so I can set you up with a set of the ergonomic handles with the large backstrap and then a set of the (4) 5-pound weights. Then I can get everything packed up and shipped out to you today first class. You say you're a workout nut. Are you a weightlifter, or what have you been doing?

Bob: I'm an avid golfer, but I used to be an avid ski racer. I lived in Sun Valley for 12 years, so I've done a lot of skiing. While I stayed in pretty good shape, I've had four surgeries on my knee. They're in good shape now, but I used to be an avid tennis player, and I quit playing tennis and I quit skiing. I got tired of snowboarders ... I had two friends; one guy broke his leg, compound fracture of his leg. The other guy was killed. After that, I quit skiing, but I've always stayed in pretty good shape. I'm not a weightlifter.

Because of golf, a lot of it's stretching and the core, I don't lift really heavy weights. I've got dumbbells, up to 45-lb dumbbells in my little room here. A lot of it's for balancing and just stretching and core work.

Michael: So essentially, because of your knee injury, you lost your ability to go pound your knees by running and stuff?

Bob: Running is not good on your back. It's just not good on your back and knees. Yeah, I've always had loose-structured joints in my knees, so it's better for me not to run.

Michael: So you see Heavy Hands as a solution to get your heart rate up while not pounding your knees.

Bob: Yeah, mainly while I'm walking. When I get done with that 30 minutes, I'm soaking wet. That's in the winter. In the summer, I'm really wet. After the one round with the weights, then I'll walk one lap. Then every 500 yards, I do about 50 yards of lunges.

Michael: That's a brutal workout. When you're using your upper body and your lower body, it is full-body workout.

Bob: You can't believe the stares I get from people when I'm out there doing this. They're looking at me like, "What are you doing?"

Michael: *For more great interviews like this, go to Michael Senoff's [www.weightedhands.com](http://www.weightedhands.com).*