

# WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

## How To Turn A Simple Walk Around The Block Into A Full-Body Workout

When Ed's doctor told him to walk at least three miles a day, Ed thought, "Well, what about my arms?" In a normal walk, your arms aren't really doing much, and to Ed that seemed like a real waste. So he looked around and discovered HeavyHands. He says, when he started incorporating them into his walks in October, he weighed about 265. By January, he was down to 238. And in this quick audio, you'll hear how he's doing it.

### You'll Also Hear...

- \* The strange thing Ed notices if he puts his walks off now that's he's gotten into a routine with HeavyHands
- \* How many pounds Ed works out with and the specific exercises he adds to his walks using the weights
- \* Clear and straight-forward advice for anyone starting out

Ed says, like with anything else in life, using HeavyHands gets easier the more you do it. And it won't be long before your full-body workout won't seem like much of a workout at all. You'll hear all about it in this audio.

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.

Ed: Ed Daniels.

Michael: Hey, Ed. It's Michael Senoff here. How are you?

Ed: Just fine.

Michael: A couple things; number one, I just sent you the invoice for the weights, and number two, dummy me, I didn't even think about this. I've been interviewing Heavy Hand users, and you've got a great story. I wanted to know if I could entice you to do just a little 5-minute interview with me about your story and what you've been doing with the Heavy Hands.

Ed: Fine by me.

Michael: All right, so we're talking to Ed Daniels. Ed, tell me, when did you first year about Heavy Hands. What got you involved and why.

Ed: I started with Heavy Hands back in October. I saw it on E-bay, actually. I got curious and interested in it, because the way the grips looked, it looked like it was a lot more comfortable than some of the weights that I've seen previously as far as walking with weights.

Michael: What made you have interest in even looking for hand weights on E-bay? Were you encountering any kind of health problems? Were you trying to lose weight? What was the whole idea?

Ed: Both of those. I'd lost a considerable amount of weight, and my doctor told me that whatever exercise I did, he wanted me to specifically walk a minimum of three miles a day. Sure, I like

walking. That's not a problem. Then I saw these, and I thought, "Well, why not exercise the upper body portion also, and you would also lose more weight by using this rapid weight loss on these weights."

Michael: So it made sense to you. Your doctor says, "Walk three miles a day." Your hands aren't doing anything. They're just sitting there by your sides. You think you can accelerate the weight loss by using more energy by swinging these weights while you're walking.

Ed: Correct.

Michael: It all made logical sense, right?

Ed: Yes.

Michael: Did you find it hard when you first started? You started with 5-1/2 pounds in each hand.

Ed: It wasn't difficult. I would say that the first couple of days I had a little soreness. Then after that it was fine. I kept using them every day, and they kept getting lighter and lighter until they became almost like feathers with me walking with them, doing pull-ups with them, and exercise. I would just use them constantly as I'm walking, and I noticed a great deal of benefit from using them.

Michael: Let's talk numbers. When did you start walking with them? What was your weight? We're in January 11<sup>th</sup>, 2016.

Ed: Right. I started walking with them in October, and I weighed 265 pounds exactly, and I'm now down to 238 pounds.

Michael: That's fantastic. That's pretty dramatic weight loss. Have you altered your diet as well?

Ed: Yes. I am on more protein, no sugars, or very little sugar. Let's put it that way. Try to keep off the carbs as much as possible also.

Michael: Can you describe how your energy level is compared to October to now?

Ed: I noticed by putting off walking in the mornings early, I feel a lot less active during the day. Then I'll go walk in the afternoon. It kicks back up. Well, it doesn't take too long to figure out that, hey, what you need to do is walk early in the morning and you have that

energy the rest of the day. That's what I've been doing, and I feel terrific by doing that. I don't feel well when I have to walk in the latter part of the day. It might be raining real bad, or the weather might be very cold outside, so I don't walk during the mornings. Then I'll wait until the sun comes out or whatever, and then I start walking. I do notice a difference.

Michael: That's fantastic. One last question. What kind of advice would you give someone who's considering starting to walk with Weighted Hands?

Ed: Get off your butt and make the call and do it. I have people come up to me all the time and look at these weights and say, "Where did you get those?" I tell them, "You just have to make the call. You just have to go and get these." That's the answer.

Michael: Do you have a lot of people, saying, "What are you walking with?"

Ed: All the time. I'm walking with them, and they go, "What is that?" They're thinking I've got these little dumbbells that I'm walking with, and I show them. "That is really cool. Oh, it fits so good in your hand." I say, "Yeah, absolutely." I say, "They're very comfortable."

Michael: Hey, that's great, Ed. I appreciate it.

Ed: All right.

Michael: Thank you. Bye-bye.

Ed: Thank you. Bye.

Michael: *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).*