

# WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

Audio Interview Series

## Are WeightedHands Really the Fastest Way to Meet Your Fitness Goals This Year?

Jay has one goal in life right now – to see his abs before he turns 42 in January. And he’s well on his way. He stopped crash dieting and says he’s finally getting serious about his fitness. And in this quick audio, you’ll hear how he plans to make Weighted Hands a big part of that routine. He just received his weights so we go over some good starting exercises and a plan to up his calorie burn and muscle density, so he can have the look he’s always wanted.

### You’ll Also Hear...

- The surprising truth about walking on a treadmill (Is it really that different from walking outside?)
- Exactly how to make a simple one-mile loop around your neighborhood into a calorie-burning, muscle-building routine
- The link between arm exercises, energy, and calories burned
- The biggest difference between Weighted Hands and dumbbells (Before he got his Weighted Hands, Jay says he worked out for only 45 minutes with regular dumbbells – here’s why he’ll never do that again)
- The best “first exercises” to try so you start off easy, but not too easy

Jay’s like most people. He’d rather exercise a little more instead of be the guy at the table who has to order the salad while everyone else gets to gulp down juicy burgers. And in this audio, you’ll hear how he’s started using Weighted Hands to do that, so he’s turning his regular walks into calorie-burning workouts.

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.

Jay: Hello, good morning. This is Jay.

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

Jay: Hi, Michael. How are you? Good morning.

Michael: Great, well, thank you for doing this. Why don't you tell me your name and where you live, and how old are you?

Jay: My name is Jay, I'm 41, and I live in the San Francisco area, East Bay.

Michael: And what do you do for work?

Jay: I'm a consultant in the pharmaceutical industry.

Michael: Okay. Does that take a lot of hours, a lot of time, with your job?

Jay: It does take a lot of hours and time. I would say it's a demanding professional job. It's not 80 hours a week but it's not 40 either; probably 50, 55.

Michael: Okay, and when did you first learn about Weighted Hands?

Jay: I believe I first read something about it on Clarence Vassa's site about 5 or 10 years ago, and it didn't really register with me. I didn't really know what to make of it. I cannot remember how I found your site, but I was just looking for another tool and maybe I was just web searching for Heavy Hands and found your website. I was looking for something because I'm not a runner and I like to weight lift, and I just remembered the talk about the upper body conditioning without weight lifting and that intrigued me, so I did some web searches and I got to your site.

Michael: Okay, so you never ordered a set of the old Heavy Hands about 5 or 6 years ago?

Jay: No, no. I did not.

Michael: But you remember reading about it?

Jay: I remember reading about it for sure a long time ago.

Michael: Okay, and what form of exercise have you been doing up until this?

Jay: I would say I really got serious about my fitness the year I was getting married, and so I pretty much do 90% bodyweight exercises; chin-ups, pull-ups, sometimes weighted push-ups, and then I don't enjoy cardio so I don't call it cardio, but my wife is an avid runner so I'll go on power walks with her about 2 to 4 times a week. I just count it as pleasure time, not as a calorie burn.

Michael: Was your main goal for getting serious about your help to take weight off?

Jay: Yeah, it was to take weight off and to really improve my body composition. When I was in my late twenties, I was about 60 pounds heavier and things were really going south, and through a lot of crash dieting and some working out, I lost about 30-40 pounds but I could never really keep it off. It would always creep back up to 210. I'm in the mid-170s now. In 2012, I started off the year at about 203 and before my wedding date in September of that year, I got down to 172 and that was my lowest weight probably since college, and then honeymoon and back to regular life, I ballooned back up to about 190 and that was kind of my new set point, so I started this year off at 189.2 and I've made it kind of a life goal this year that before I turn 42 next January, that I really want to see my abs for the first time in my life and I'm willing to do whatever it takes, and work on my diet and I'm very comfortable with my weight lifting, but I've always had a little bit hinky shoulders. I saw the shoulders on Dr. Schwartz and I thought, what a great way to up my calorie burn and muscle density and add that look I really want, so I'll give it a try. And I was really impressed by your conversations and the time you spent on the phone and email, so I thought heck, why not?

Michael: Okay, that's great. So when you took that weight off, was that mainly through dieting or dieting and exercising or a combination of both?

Jay: I have naturally a pretty robust build so for me, I would say it was 95% off by diet. I'm not one of those guys that typically exercises in a way to burn calories. I like to put on muscle and have nice arms and that kind of stuff, so for me, in the past I've always been able to out-eat my exercise, so I'm pretty strict with my diet. I'd probably be a lot more muscular if I had my calories higher, but I look a lot better than I did when I was in my late 20s and even a couple years ago, so I use my diet as a tool to lean down. And there's only so much dieting one can do when you just get sick of it, so I was looking for something that can help me add 300-800 calories 4-5 times a week so I could just maybe buffer off the occasional ice cream cone I have to have to stay sane.

Michael: Absolutely.

Jay: I'm not 20 but I'm not at the age either where everyone is on a diet, so most of my friends look at me very, very puzzled. They appreciate the results I'm getting but I'm

always the one not having an entrée, fasting, or having salmon and avocado and not having a cheeseburger, so I get tired of it. I needed another good tool that looks fun for me that can add a little bit of a calorie burn.

Michael: I totally understand. I tell people all the time that I like to exercise so I can eat and with the Heavy Hands, I can pretty much eat whatever I want as long as I'm exercising at least 5 times a week, and I generally do about 3-4 miles when I do a session, and I'm pumping 11.5 pounds in each hand, and it's starting to feel easy. It's not uncomfortable anymore. It takes a while to get up to that, but I'm burning a lot of calories during that 45 minutes or hour workout.

Jay: I came home last night from celebrating a little anniversary, my wife and I, and I saw the package, ran upstairs, opened them and started walking around the house with them, and said oh boy, these are a lot heavier than I thought they were going to be.

Michael: They're going to start feeling so light to you after a couple of weeks, you're not going to believe it. Your muscles will respond accordingly. I will tell you thought at first, take it easy because if you haven't exercised your arms in this way, just take it slow. You know what delayed onset muscle soreness is, but if you've been doing pull-ups and stuff –

Jay: I do a lot of them.

Michael: You should be all right. It's not like you're not exercising your muscles, so if you're doing pull-ups, I think you're going to be fine.

Jay: Yeah, after we have our interview and I do work, I'm going to hit the gym and hit the treadmill and try them out for a half an hour today.

Michael: What's it like outside? Is it cold out?

Jay: It's kind of cold and sunny, yeah. I think I'm going to take them outside tomorrow, but today – I'm really into metrics, so I like to count exactly how far I went, so that's my anal retentiveness, so I want to get a feedback measurement of how much I walk.

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

Michael: You're going to expend more energy walking outside than you would be on a treadmill.

Jay: Okay, I didn't know that.

Michael: Absolutely, because your treadmill is moving under you, so it's a lot easier to walk on a treadmill than it is to walk outside. Think about it, because you're not having to push your mass forward on a treadmill. The floor is rolling underneath you. With the weights in your hands it doesn't really matter, but it won't be one to one equal if you're into the metrics. I find it's so much more pleasurable – open the door outside, you can get in your car, find yourself a nice little one mile loop around your neighborhood or

somewhere where you can walk out the door, walk a one mile loop that gets you right back to your home, and what I do – I've got a one mile loop right outside my door and I keep a big glass of water, and every mile I do, I'll come back. I'll take a little bit of water and rest for just a minute or two and then I'll hit it again, and have your laps. It's so much nicer being outside than – I call it the treadmill.

Jay: It's a lot better.

Michael: Yeah, it's a lot better. Now you're going to feel kind of stupid out there at first. People are going to look at you funny and dogs are definitely going to bark at you, but just get used to it. No one really cares anyway, but that is something I think stops a lot of people from walking with the hand weights outside, because they feel like it kind of looks dumb, but don't worry about it.

Jay: Yeah, I'll take the car for a loop, get some gas and do a little loop. What would you say for starters, like a mile or two or just do a mile?

Michael: See how you feel with a mile.

Jay: Okay.

Michael: If it's starting to hurt – your bread and butter is like where you're pumping your arms to about maybe chest height, but you got to get into a rhythm and it may take you a little bit to get that rhythm and to get the coordination down, or you may just latch onto it right away, but if your arms are getting tired, you can just hold the weights at your side, keep walking, and when you've had a chance to rest, start pumping them again, or you can mix it up. Do some overhead presses with each step. You're pushing the weight up over your head, so you can mix it up. I'm going to be doing a series of videos of myself doing all the different exercises. I just got to get my buddy with the Go Pro and we're going to do some nice videos and we're going to put them on the website where I show all the different exercises and how I do it, which will help out.

Jay: That'd be really helpful for me because I really appreciate the book, but it's a pretty big book and I don't know exactly where to start, but I know how to walk.

Michael: You know how to walk, yeah.

Jay: The ergonomics of the weights are just phenomenal. My hat's off to you. I'm pretty much just going to walk my pace and pace and just do kind of like a French race.

Michael: Your arms will fall into place. They're going to move naturally. There's only one way to do it, so get your legs going and your arms are going to start moving, but it's all about moving those arms. The higher you go with your arms, the more energy it takes and the more energy it takes, the more calories you're burning. You will definitely feel it. It will be interesting but I hope you have a good first walk.

Jay: Definitely, for sure, and I'm pretty detailed and anal about metrics so I'll keep you posted. At the 5 weeks mark, I'll have a write up for you.

Michael: That'll be great.

Jay: I'm really pushing myself in other aspects of my fitness, so I'm really hoping this is like the last piece that I'll need.

Michael: A couple of other things; I'll tell you some of the pains that I went through when I first started. When I first started, I was walking with 6 pound dumbbells – this is before I even started designing this – and oh man, just holding on to them, it hurt my hand. You're putting a lot of weight onto your hands. With the ergonomic grips, it's not going to be as bad but you may feel pain in your hand, you may get a little wrist pain. I know it's a different gait than your regular walking. You may feel in your legs, kind of like your groin area. I remember that was kind of sore. I felt some twinges in that, but all that stuff is temporary. It goes away. Your body and ligaments and muscles just have to get used to something new, so don't let that scare you off. You're going to have a few little pains and things that are different that you probably haven't experienced, but just take it slow and work through it and you'll be fine.

Jay: Yeah, I think I mentioned to you a month or two ago that after I spoke with you, and I think I read some article on your site, so I thought let me just go try and see it, so I used 2.5, 5 pound dumbbells for like 45 minutes and my hands were in so much pain, and I think I emailed you and you were like, "No, do not do that." I was all scared but for 2 or 3 days my arms were ringing, and when I held these, I was like oh, this is fantastic. I can basically have them on my arms without doing the death grip on them. That was really cool. I appreciate how much they cost now, because as someone who's familiar with design, I really appreciate how nicely they fit. The construction is great.

Michael: Yeah, they're comfy. It's going to make all the difference. You're not going to have the ugly callouses on the inside of your hands, and your thumb is going to be able to grip that little rubber piece. You'll see when you work with them how nice and comfortable they feel.

Jay: Great, great. So, my goal is eventually, or right away, whatever my comfort level is, to try to have it go as high as it can, just from a walking stride, so basically my ideal situation would be moving it up above my head as if I was picking it up and trying to touch the ceiling.

Michael: You know, I think your goal today should not even be that. Just get the walk down, where you're pumping them up maybe chest high or even shoulder. If you look in the book, just the first few pages, the level 1, level 2, and level 3 pump, but just experiment with them. Just go out, get a feel for how they feel the first month.

Jay: Sure, I can't do it wrong pretty much. Just do something.

Michael: Do something. Just get out there and walk with them and it'll all come naturally. You'll start saying, let me do something different. Let me do a couple uppercuts or let me do some punches straight out or punches up or presses or flies. You'll see. I'm going to get all these videos up soon and you'll see all the different things you can do while you're walking, which is great.

Jay: I had a couple questions for you, if you don't mind.

Michael: Sure.

Jay: One is can I still keep weight training during this time? Of course, I'll adjust it if I'm sore.

Michael: Absolutely, yes, you can still do your weight training. No problem.

Jay: And what kind of results have you been hearing lately? Can you share a cool client testimonial?

Michael: Honestly, I'm just really getting off my butt calling all my past clients. I've got a client list but usually I don't hear from them, so I haven't really collected and put together these testimonials. You're the second interview I've done, but you're going to hear, as I get these little interviews edited, they're going to go up on the website and they'll be available to listen to for free, but you're going to hear stories. I got guys who have been doing this stuff since the late '70s. They've been doing it that long, so I have all these people lined up. I'm going to do these interviews with them and you're going to hear a ton of these case stories from people who have been doing this almost 30 years now.

Jay: Okay, that's great.

Michael: And you'll learn from them, and I'm going to learn from them, because they've been doing it longer than I have, so I'm at it. This is something I've wanted to do for a long time and you're the second one I've been able to interview. However, you're just starting out. In another 5 or 6 weeks, we'll do a little "after" interview and we'll hear your story.

Jay: Awesome. Great. I really appreciate all the time and your patience. I know I haven't been one of those past customers, so I appreciate your patience.

Michael: No problem at all. My pleasure. All right, you have a great day and have a great walk, okay?

Jay: Thank you so much. I appreciate it.

Michael: All right, bye-bye.

Jay: Bye-bye.

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





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