

WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

Audio Interview Series

Why This Former Triathlon Winner Chooses The HeavyHand Workout To Stay In Shape

Katharine takes an intense yoga class with her daughter and other 20-somethings. At 58, she's not only able to keep up, she's stronger than they are. She credits her HeavyHands workout for this athletic ability, but to be honest, Katharine was always an athlete, having competed in 18 triathlons over the course of her life.

But that also means, she knows a good workout. And she says HeavyHands is an essential part of hers because it's like many different workouts in one, and versatility is key when it comes to taking your body to the next level. Coaches and trainers know that the human body is made to adapt to exercise, which is why a workout will get easier over time if you don't change things up. HeavyHands lets you do that. And in this audio, you'll hear Katharine's whole HeavyHands routine, and how she changes it up to keep herself in shape.

You'll Also Hear...

- The three exercises Katharine would do if she were starting off today – and exactly how she would do them
- An insider's look at this athlete's intense HeavyHands 45-minute program – including her power sets at the end
- The reason Katharine calls them "Happy Hands"
- The clear and straightforward advice Katharine has for newbies – she says it's probably going to seem like it's not enough, but if you follow the program, you'll be in peak condition – without the stress and strain of most workouts
- A step-by-step look at how Katharine modifies her workouts so she's always changing up her routine and keeping her body in shape
- The fastest known way to keep the batwings away: here's how Katharine does it while also keeping herself stronger than those 20-somethings in her yoga class

Katharine first heard of HeavyHands after a friend of hers lost weight and toned up in an unusually fast amount of time. He looked so different – everyone had to know how he'd done it. That was seven years ago, and HeavyHands has been a part of her routine ever since. She says it not only helps her with weight control, but it also helps her feel great – while keeping her mentally sharp too. And in this audio, you'll hear exactly how she's doing it.

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 stair-climbers, no treadmills, no elliptical. 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.

Michael: Katharine, thank you for calling and like you, I get calls from all kinds of people all over the world who are looking feverishly for more add on weights for their Heavy Hands and when they can't find them, they end up stumbling across my website, calling me, and what I've been doing is interviewing Heavy Hand users who have been using them – some people using them for 20, 30 years – and I'm now providing these interviews to other Heavy Hands enthusiasts who want to learn what other people are doing with them, how they've benefited from them, how they found out about them, so they could get interested in them as well. So you've told me you've been using Heavy Hands for how long?

Katharine: I've been using Heavy Hands for about 7 years.

Michael: When did you first learn about them?

Katharine: I had a friend of mine who had a little bit of a health issue and found himself quite overweight, and he used to be an athlete and in order to get started back towards fitness, he started with a trainer who gave him the Heavy Hands and taught him how to use them, and I would say he's been using them 25 years.

Michael: How overweight was he when he started? Do you remember?

Katharine: He was about 30 pounds overweight and after a couple of months, he dropped that 30 pounds and has maintained that weight loss to this day.

Michael: Do you remember him telling you about these funny Heavy Hands when he was losing the weight back then?

Katharine: Yeah, he did, because we all said, “You look so different,” and he said, “Yeah, I’m doing this program called Heavy Hands,” and especially for such a masculine person like he is, very commanding, he’s 6’4” and very successful man – to see him walking along in Newport in the Back Bay, rotating his arms like this, I thought I can’t imagine him doing that, but he didn’t care. It’s his fitness program. So he referred them to me.

Michael: Okay, so 7 years ago you went online. What did you pick up? What did you buy then?

Katharine: I actually went to Big Five Sporting Goods and I wanted to buy the whole set of them and they said, “We can’t get them anymore,” and I was lucky to even find them, so I hoard my set. I keep them with me always. I don’t want to lose them.

Michael: When you bought your set at Big Five, what were the increment in weights that you had?

Katharine: The increments were the handles and then it went up to 4 pounds.

Michael: So you had the 1, 2, 3, and 4 pounds. What was your reason for getting them, originally?

Katharine: I moved to a remote area where I couldn’t go to Pilates classes or there wasn’t a saltwater pool available, it wasn’t close to the ocean for swimming, so the gentleman who told me about them,- I thought this was a perfect place to do them and I started doing them and I’ve been hooked since. I love them.

Michael: So talk about what do you do with the actual weights. How did you start off? What routines did you do? What did you find you enjoyed the most? What worked best?

Katharine: Well, the gentleman I referred to who did them for 20 years, he did it with me and took me out to the beach in Del Mar and kind of taught me how to do them. The one thing I noticed right away is it’s pretty easy to pick up the program, and you can also be kind of zen and meditative while you’re doing them because it becomes a very natural habit, so it keeps you mentally sharp. I do a lot of different exercise. I’ve been a triathlete, I’ve done a lot of different things, I swim in the ocean, but the reason that I do it is yes, weight control, tone, I want to feel good, look good, but mentally it keeps me sharp.

Michael: So how many triathlons did you do in the past?

Katharine: I did 18 triathlons. I did the “Day at the Beach” and I did the Olympic distance and I medaled in all 18.

Michael: You’re a serious athlete.

Katharine: I’m still an athlete. I don’t run anymore. I’m not hurt. My knees aren’t hurt. My hips aren’t hurt. But I’ve been an athlete since I’ve been young, so now I’m doing appropriate exercise to keep me toned, fit, and happy, that’s not going to injure my body and Heavy Hands is low impact. When I get out of Heavy Hands and start doing it again, I go back to the lower weight and I do the series of three different exercises with the in between resting exercise.

Michael: Is this while you’re walking?

Katharine: While I’m walking, so I never do them stationary. I do them while I’m walking, and I do a series of 8 repetitions of those three exercises along with the in between part, and I start at reps of 25 and I do each series of 25 reps for a week, and then I take a day off and then I increase to 30 and then I got to 50 with that weight, and then I put on a new weight, which is 2 pounds, and so now I’m to 4 pounds in this series that I’ve picked up my Heavy Hand again, and this week we’ll start on 40 reps in my little series. I also do what I call a power set at the end, which is my ninth rep, and I don’t do any of the in between walking with my arms. I do all three of my exercises back to back with no rest period.

Michael: And how long of a duration are you doing these sessions for?

Katharine: It probably takes me – and I walk pretty quickly so it’s fairly aerobic – it probably is a 45 minute program. It’s a little bit different when you start at 25. I love the idea that you start at a lower rep and even a lower weight, and you go, “Wow, this is easy.” It goes quicker, right? So you get done in 30 minutes, and as the reps go, you get to 45, 50 minutes, and there’s just such a sense of accomplishment as you move up in reps and then when you get to take your weight off and put a heavier weight on and start the reps lower again, it’s just so interesting. I never get hurt. I’m never over sore. My shoulders aren’t cut. I’m very careful about my position but it’s just a natural thing to do for me. Everywhere I go, people honk at me, they wave at me, people put their arms up in the air to mimic what I’m doing, dogs are so interested in what I’m doing. People say to me as I’m walking along, “That’s what I should be doing. That looks a lot better than walking.” So I call them “Happy Hands.”

Michael: I concur. I hear that all the time, “I should be doing that.” The dogs go crazy. So do you use Heavy Hands as a tool to maintain weight control?

Katharine: I use it for three things. One of the reasons I exercise regularly and have throughout my life is it keeps me mentally sharp, and I’m 58-years-old now and that’s more of a challenge.

Michael: Do you think your Happy Hands saves you time in your workout efforts through the week?

Katharine: Absolutely, because one of the things is I don't have to go anywhere and if I just have a little bit of time, I can just walk right out the door. Sometimes I walk out the door at the office and do it at lunch. I can do it anywhere. I have them in the car. I take them everywhere with me.

Michael: That's fantastic.

Katharine: Today is my 58th birthday so I went to what they call hot yoga class, and it's a hot yoga sculpting class with weights, and you grab a light set of weights, which is maybe a pound, and then heavier weights, which in this case I grabbed 3 pounds. I did it with my daughter who is 28 and fit as a fiddle, and the girl teaching the classes is 20, and my daughter laughs at me about doing Happy Hands because she thinks it seems embarrassing to do it out there in public, waving your arms around, but I get into that class and I'm stronger on the weight portion – upper body and lower body – and my daughter always says, "I can't believe how strong you are, mom," and I tell her it's all because of Heavy Hands, which I call Happy Hands, and she goes, "I don't know if that works." I say you see me go to core power yoga, you see all those young fit girls, and I'm 30 years older than them and I can do heavier weight than they're doing and I feel great about it and it feels good, and it's because they're happy.

Michael: How are the back of your arms? A lot of women, especially as they get older, they get what some call those "bingo wings." Has it been able to tone up the back of your arms?

Katharine: It makes a huge difference to my whole body, even to my aerobics. In the yoga class, there's an aerobic section of it and because the Heavy Hands is an aerobic exercise as well with walking, it helps all of that. I don't have a problem with my arms. I can wear sleeveless and those type of things. I don't look like a 20-year-old and I don't look like a bodybuilder, but I look toned and I can wear a bathing suit and all of that.

Michael: What would you tell any serious athlete or anyone who wants to drop weight or anyone who wants to get back in shape about Heavy Hands and the training?

Katharine: Two things. I think they'd be surprised, being that I'm an athlete. I've lifted heavy weights, I've done triathlons. It is a really great program for toning, weight loss, and exercise. It seems like it's not enough but the combination of the reps going up in reps, up in weight, and it's constantly changing so it's like a new exercise, so you never get bored of it. I love doing it. There's no stress to it either. You don't feel stressed like, oh, I hope I can make it through it, because that's not the idea of the way it was done. As you progress with reps and weights, your body can handle it as you get stronger and stronger. It's supposed to feel fairly easy and you're joyful when you're doing it. There's no struggle with it, so any athlete should try it. I challenge my daughter. She's never done them. She's 28, and I said come out with me, I'll go with no weights and show you

the program. You take my weights and I bet you can't make it through the program, because you have to build. You know that, Michael.

Michael: Yes, you do.

Katharine: You understand this. You have to build up as you go and it's all good for you, right? Whether it's 1 pound and 25 reps or 4 pound and 50 reps.

You're listening to an interview on Michael Senoff's www.WeightedHands.com.

Michael: Or just walking, pumping them normally.

Katharine: Absolutely. I like the idea because I'm an athlete, I love the challenge. It's like reading a chapter in a book. Now I'm up to 40. I can't wait to start tomorrow. I take a day off between my sessions, so if I've gone to 35 reps, I'll take a day off and then tomorrow I'll start with 40, and I'll do that for a whole week, and I try to exercise every day. If I miss a day I don't care, but my plan is I don't start on Sunday or Monday or New Year's. My plan is to do exercise every day. You have no excuse not to do them. It doesn't take very long and you don't need anything but a pair of shoes and to walk out the door.

Michael: Good for you. Let's talk about you have weights going up to 4 pounds in each hand and you want to go up higher, so you inquired about 5, 6, and 7 pound increments?

Katharine: I probably want to go 5, 6, 7, and 8, and I think on the original – they actually come in a box and I believe the way it works, Michael, I want to ask you, is on the end of my Happy Hands, it says 4 pounds.

Michael: What that means, and there's a lot of confusion with this. People sometimes think it's a 4 pound weight. The 4 pounds represents a total of 4 pounds in each hand with two weights and the handle, so your 4 pound weight, it's 1.5 pounds on each side, which is 3, and your handle is 1 pound, so that's 4.

Katharine: I understand that, it's a combined weight, and I know that because I've lifted other weights so I can tell by the weight of it, so what I need is the ones that say 5 on each hand, 6, 7, 8. I'd like to go all the way to 8.

Michael: Now, I do have the 7. I have a set of the four 7, so the ones you couldn't get, the heavier weights – I make my own weights. I don't know if you went to my site, www.WeightedHands.com. I have two pound weights that'll twist onto your handles, so that's going to give you 5 pounds in each hand. I have 2.5 pound weights, which his going to give you 6, and then I have a set of the original Heavy Hands, like the ones with the numbers on the end, which are the number 7. Those are 3 pounders.

Katharine: Perfect. Those are good to start with.

Michael: So I can set you up with 5 pounds, 6 pounds, and 7. Now, you saw my ergonomic handle on the website.

Katharine: Right.

Michael: So I developed this because I was starting to go up in weight. I had my father-in-law make me a set of 5 pound weights that twisted onto each end of my original Heavy Hand handles. I had 11 pounds in each hand so I was working out with those, but I started getting terrible callouses and I started getting a little bit of wrist pain, so I developed an ergonomic handle. It's made of rubber. You can see detailed pictures of it and I'm telling you, when you get up into this higher weight, it is night and day, as far as how much more comfortable it is holding it, how you won't get the callouses on your hands when you start getting into the higher weight. I don't know if you'd be interested. You may be probably really used to your handles.

Katharine: I'll tell you what I did, being a weightlifter and stuff. I started wearing my weightlifting gloves. I'm good to 4 just how they are because there's a slip inside, so I let them lean back in my hands so I'm not really holding them, but as I got up in weight before, and as I told you I had to duct tape mine on, I actually wore my weightlifting gloves because it kind of filled the void a little bit and it was easier for me to hold them, but it does get harder, the original Happy Hands as you get to heavier weight.

Michael: I've got that solved because first of all, my strap is flexible so as you slide your hand in, it's holding on to your hand more, because what you have now is a rigid piece of aluminum going through and it touches at the high point of your hand, so I'll custom make the strap if you tell me your hand size, whether it's small, medium, large, or extra-large for a woman's hand, I'll make them fit perfectly for them. I cut them to fit your hand. So that's number one, and the number two, you won't need a glove with these rubber handles because you won't get the irritation on your skin. They're really comfortable.

Katharine: And will my other weights fit on your new handles?

Michael: Yeah, all your weights will fit onto my handle.

Katharine: So, Michael, how did you start?

Michael: I produce and develop information products and I was producing a brain training program and one of the students of my brain training programs was like, hey, have you ever heard of Heavy Hands? He was a tennis player and he told me you need to check this out. If you want to drop weight as fast as possible, check these Heavy Hands out, and he said he would battle with his weight and all he would have to do is get on the Heavy Hands for 2-3 weeks and he'd be back down to his fighting weight.

Katharine: It goes fast.

- Michael: It does go fast. It's just like he says in the book. You're using your legs, you're using a lot more muscle, so it's just a time saving device.
- Katharine: And I'm a swimmer. I swam all my life so that whole body exercise is good. Now, what this is, is this is taking that concept to me, an athlete, and putting it out of the water so you can sweat – and I don't sweat too much. It's not like you get from hot yoga. I'm drenched and my hair is soaked. So if I want to, I can go out to the beach for lunch and I can go back to work and kind of towel off a little bit and go back to work for the rest of the day. I like that. I think of exercise like brushing your teeth. It's just part of what your day is.
- Michael: I agree. Your pricing; the 2 pound ones are \$115 for the set of four 2 pound weights and then the 2.5 pounds are the same price, \$115 for the set of four, and then the 3 pounders are \$125. Here's what I would recommend. The weight is only part of it. It's your workout. You can modify your workout by the speed, how fast you go, how fast you pump, how high you pump, and by integrating the lower part of your body, doing the lunges, so you can alternate the intensity. I don't think you need a 2 pound set and a 2.5 pound set. You've got 4. Why don't you skip the 2 and 2.5 and just go with the original number 7? With your handle, it'll be 7 pounds. If you get my ergonomic grip, my ergonomic grip is 1.5 pounds so if you put it on my handle, it'll be 7.5 pounds, you can start with your handle. Get the number 7. It'll be 7 pounds in each hand.
- Katharine: How do you feel about that, or think about that – it's just I guess because I've been coached by Olympic coaches. I don't know that I read his book but the guy who taught me, he was very "You want to do reps, you want to go careful in weight, but for some reason if you go off the Heavy Hands program, don't think you can go back to your weights. Start over at your smaller weight and it's supposed to feel pretty easy. You're not supposed to struggle." Do you think I'm going to have trouble going up from 4 pounds to 7 pounds?
- Michael: Here's my take. Now, I can only tell you my experience. My experience is your first couple workouts are going to be pretty tough but that third one, it's amazing how they start lightening up. The fourth and the fifth one and maybe even the sixth workout, they're going to start feeling light. Your body is so adaptable.
- Katharine: That's what's so great about it, because being coached for so many years, that's like cross training, Crossfit and all that, everybody says it's the rage, well, I did that my whole life because coaches knew once they got you to a certain speed and agility, if they don't change your program, you're not going to go to another level. That's what Happy Hands does. It's constantly changing so your body is constantly reacting. I can go to a core power yoga class all the time, that burns over 800 calories with all these young kids, but if I go to the same classes with the same teachers and they do the same kinds, after a while my body adapts and I'm not going to get the same results. That's why Heavy Hands works so well. Here's what I want to do. I want to buy two sets of weights, so the 2 goes to 5 and the 2.5 goes to 6.

Michael: That's right. That's with your handle.

Katharine: Okay. I'm going to buy the 5 and 7. I'm just going to be careful because I have no injuries and I don't want to injure myself. That's what's so great. I don't know how you do yours, if you do this, but I'm at 50 reps with the 4 pound sin each, plus I'm doing 10 sets of this, so that gets to be long and you know you're going longer, and you go down to heavier weight but still less reps.

Michael: All you've got to do is give me your email address and I'm going to send you an invoice using Paypal and you can put it on a credit card.

Katharine: I'm in San Diego tomorrow. Can I pick them up from you?

Michael: I'll meet you but you got to come down to me. I'm in the Claremont area. You can come down and meet me, that's fine, or I'll pay for shipping. That's part of my deal. I do free shipping.

Katharine: Okay.

Michael: I did a bunch of videos of some of the movements I do. You can see me doing my thing and I'll send you a link to all the videos up on my website.

Katharine: Okay, good. I'd like to see what you do. Thank you, Michael.

Michael: Thank you. Have a great birthday, and happy birthday.

For more great interviews and stories like this, go to Michael Senoff's www.WeightedHands.com.

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