



How To Use Heavyhands To Maintain Strength And Definition During An Injury

King is a 60-year-old grandfather who's been into fitness pretty much his whole life. He bought Heavyhands about 12 years ago when he read about them in a book, but never really did much with them until he injured his shoulder and could no longer work out with his regular routine.

He started walking with two-lb Heavyhand weights and was surprised by the workout he got. He gradually began increasing the weights and distance, and says not only did he maintain his strength during his recovery, but he also began seeing definition in his shoulders he never saw before. He hasn't looked back. And in this audio, you'll hear his story about how he uses Heavyhands to safely recover from an injury while maintaining his strength and muscle definition and why he says he'll continue using them as part of his fitness routine when he's done.

You'll Also Hear...

- The real difference between Heavyhands, kettlebells, and dumbbells and when to use each for maximum strength and definition
- King's simple advice for anyone starting out and feeling self-conscious about walking while pumping weights: Don't care how things look to others. "It's not about them. It's about you." And more advice from this lifelong fitness enthusiast
- A little-known fact: You can build a ripped body using 5-lb weights. Here are two famous bodybuilders to look up to find out more

- An insider's peek at what King's workout looked like before Heavyhands and what it looks like now as he's quickly recovering from his injury

After seeing the benefits of Heavyhands, King says he'll be incorporating them into his workout from now on because "Why not make it easy on yourself?" And in this audio, you'll hear the benefits Heavyhands can give you during the recovery process and beyond, and just how easy it is to get there.

MS: Hi, it's Michael Senoff here, and I'm the founder and developer of 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 elliptical. 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 fine 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. So enjoy the interview. Now let's get going.

KING Hello.

MS: King, how you doing?

KING I'm doing good.

MS: Good, well good talking to you and thanks for taking the time to share some of your story about Heavy Hands.

KING No problem.

MICHAEL: Let me ask you this. You told me you had the entire set of Heavyhands 1-10. How did you get all of the Heavy Hands?

KING I first got my Heavy Hands set, I don't know, maybe 12 years ago.

MICHAEL: How old are you now and where are you living?

KING I'm 60 and I live in Springfield, Illinois.

MICHAEL: Okay, and what made you get them 12 years ago.

KING I was looking in a magazine and I read a little bit about Pavel. So I got Pavel's book on kettlebells. Then I bought kettlebells. And then somewhere in the book it mentions about the Heavy Hands. And so I started doing a little research about Heavy Hands and it just went from there.

MICHAEL: All right, who is Pavel. If someone's listening to this, give them the lowdown on who Pavel is.

KING I don't know how to pronounce his last name. He's a Russian guy. And he's the one that introduced kettlebells to the United States.

MICHAEL: All right. And did you get into the kettlebells?

KING Oh, absolutely. I went to train with Pavel in Minnesota years ago. Just so many guys who went to his classes, and they're trainers themselves. And as a matter of fact, I've done so much work with the kettlebells, at one time I could take [unintelligible] in each hand and just pump them. You know, just pump, pump, pump, pump, 10, 12 reps on each hand. And that was maybe 12-13 years ago when I was able to do that.

MICHAEL: Let me ask you this. What's the big promise with kettlebells?

KING Here's one thing. A kettlebell, when you hold it, you have a ball on the back of your arm. As opposed to a dumbbell. You could take a 53 kettlebell and a 53 pound dumbbell and hold it. And the dumbbell can rest on your bone structure, it can balance right there. But the kettlebell won't. You have all these balancing muscles that you're going to ignite and develop that you omit with dumbbells, if you're going to do a press.

MICHAEL: You're listening to an interview on Michael Senoff's weightedhands.com.

KING I see. So when you're doing a press, the kettlebell is resting on the back of your arm.

MICHAEL: Right.

KING So you're using different stabilizing muscles throughout your forearm, your hand, even your shoulder?

KING Oh, man, I mean you're hitting those balancing muscles. And then if you want to get stronger as a result, with the same amount of weight, there's so many

exercises. You can do kettlebell swings and -- oh my God, you can just build a tremendous amount of strength.

MICHAEL: So you like kettlebells.

KING Well I'll put it like this here: I don't like exercise, but you get so much bang for your buck. I'm retired, I was an electrical lineman, and I had a physical job. And using the kettlebells enabled me to work and my job was much easier than probably for the next guy.

MICHAEL: Yeah. How many years did you work out with kettlebells?

KING I'm going to say right around 16 years.

MICHAEL: Okay. That's a long time. Now, were you a body builder? Or were you just trying to stay in shape for work?

KING No, I like to maintain my strength.

MICHAEL: Okay. So the kettlebells big promise is get a bigger bang for your buck. Kind of similar to what the claims of Schwartz with Heavy Hands is.

KING Absolutely.

MICHAEL: So what are some of the differences you've seen with kettlebells compared to working out with Heavy Hands? And outline what you like about Heavy Hands compared to dumbbells or vice versa.

KING When I first got my kettlebells I bought a 35-pounder. And I done 20 swings with it, where you have both hands on it and you swing it in between your legs and you pop it up to your hips. I was hyperventilating.

MICHAEL: Meaning it was a difficult task?

KING 35 pounds? I couldn't believe it. I could not breathe. Then a couple of days later I did two sets of 20 swings, and it felt like somebody had been beating me in my back with a bat or something. I mean, it works all your nervous system, you know, as long as you're keeping your back straight and your back arched, not rounded off, you can develop from your calves, to your butt, all the way up. It's probably the number one total body exercise that I know of. It works so many different things.

MICHAEL: Just the swing?

KING Just the swing alone. It's tremendous. What happened here recently, I was working out with my grandchildren with a yoke bar. It's a yoke bar chain. It comes down with a chain, and a bar comes across, and then it has, like, two hooks come down and you try to do pushups. And it's so unstable. It's moving this way,

that way. And I kind of injured my shoulder some kind of way. And I got to the point where I couldn't even lift a 53-pound kettlebell, my right shoulder, it was in so much pain. But in the last two weeks, since I've been using Heavy Hands again, I can press the 53.

MICHAEL: Once you injured your shoulder, you couldn't do kettlebell, so you got back on your Heavy Hands. And so you started walking with what poundage on the Heavy Hands?

KING Oh, God, man. It was two pounds.

MICHAEL: Two pounds?

KING Yes.

MICHAEL: Okay. I mean, did you walk for a week? How far did you walk, how high were you pumping? How fast were you going?

KING I'm pumping as high as I can, you know. Definitely head high.

MICHAEL: Okay. Are you going a couple of miles?

KING Oh, two and a quarter, two and a half miles, about five days a week.

MICHAEL: Did it wipe you out?

KING Oh, I mean I'm going at a good clip. I'm doing it as much as I can. And I'm doing it at a real good clip, I figure with the hand weights, each mile probably 16-17 minutes.

MICHAEL: Yeah, that's fast. You did a week with the two pounds, and you went up to the three, and now you're ready to step up to the four.

KING Right.

MICHAEL: We were getting back to the article with Pavel. So you researched Heavy Hands and then you ended up-- where did you find a complete set? I guess they were still selling them?

KING I don't know if it's from Lyons or whoever, but, I mean, it's been years ago, you know. And so I bought a couple here and a couple there and I hit all the sporting goods around here to get all I could, and so I got online and I bought from one to ten pounds. I think I might even have some bigger ones out in my shed.

MICHAEL: For more great interviews like this go to Michael Senoff's weightedhands.com.

MICHAEL: Well I think they only went up to ten, they didn't go any heavier. [Unintelligible] I've got up to 21 pounds. I've got weights that are ten pounds each

that will twist onto my handles, if you ever wanted to get that heavy. All right, tell me about this guy you were telling me who built an incredible body with just working out with five pound weights.

KING Eugen Sandow. And I haven't even purchased his book because I just found this guy here just maybe a week and a half ago. And he has a book, the title of it is Strength and How to Obtain It. And in the book -- because I've been reading about the book -- he explains what his workout is and what exercises he uses. And he uses five pound dumbbells. And if you Google him you'll see, he has a awesome, hard, ripped, very muscular body.

MICHAEL: I'm looking at him now.

KING Okay. And so go back to Serge Nubret, I don't know if you're familiar with Serge Nubret, he used a lot of light weights. And there's a lot of body builders who use light weights and obtain awesome bodies. But I'm not trying to be a body builder. But I started doing some of the exercises the doctors told me to do for rehab, with the Heavy Hands as I'm walking. And my shoulder has gotten stronger and it's rehabbing with the Heavy Hands. And not only just rehabbing, I can see the difference in my shoulders. It's more defined. In two, three months I'll look like a whole completely different fellow.

MICHAEL: All right, that's awesome. That's incredible. How did the new ergonomic handles compare to the older handles? What was your feedback on that?

KING Well, it's been a long, long time since I used the old handles. But I do recall it was much smaller. So now it's just more comfortable in your hand. They don't slip around. It just fits perfectly. You done a wonderful job with your handles. I've even told guys last year, when I was running up and down this hill, out here in Springfield. I see him with the old Old Heavy Hands and I told him, I said, man-- I tried to introduce him to your handles, and he wasn't interested, you know.

MICHAEL: Okay, I appreciate that.

KING Nevertheless, yours are much better than the old.

MICHAEL: Oh, wonderful. So you're back serious on the Heavy Hands, you want to rehab your shoulder--

KING I just want to get in great shape, and I think this is going to do it for me. I don't know why I stopped, man, because a few hours after I get through walking, I'm swinging those Heavy Hands in every different direction I'm trying to work, and I feel it in my upper back, my triceps and my lats, my chest, my side, my abs. I mean, just everywhere. This is going to do it for me. This is something I'll probably do the rest of my life.

MICHAEL: Perfect. All right, I appreciate you sharing your story. Any advice for anyone who is considering starting to walk with Heavy Hands and are new to this, what would you tell them?

KING Start off light, take your time, work your way up slowly. So you won't injure yourself. And it will build you up faster than you realize. And pump them as high as you can. And ignore people. It's not about them, it's about you, about your health.

MICHAEL: Perfect, all right. I appreciate your story. That's awesome.

KING I'm not going to try to tell you how to do your business, but if you get Sandow's book on Strength and How to Obtain It, he built that body using small hand weights. That's just building on what you're doing.

MICHAEL: Exactly. I will check it out. So once you rehab your shoulder, are you going to go back to the kettlebells?

KING You know, I might do some swinging. But I'm a pretty strong guy, and if I can get strength from the Heavy Hands why not just make it as easy as possible for myself? I can't see me doing the kettlebells again. I can walk and get my workout in as I walk. And get my upper body, lower body. You know, just the swing, just because you can really build up your quads and some explosive power that you can't really develop with walking.

MICHAEL: I understand. Are you walking early to beat the heat?

KING Oh, absolutely. Absolutely. I got a little five-year-old. You know, he'll be going to school and I can't walk inside the mall, so I'll probably get a membership at one of the local gyms where they have a track and walk in there.

MICHAEL: Yeah, that's a good idea.

MICHAEL: All right, perfect [HIS NAME] thank you for doing the little interview with me. And have you seen all my other interviews that I've done with people?

KING I've listened to a lot of them.

MICHAEL: Okay, good. All right, well you're going to be in the lineup now.

KING Okay. Hey, appreciate you man. Thanks for the call.

MICHAEL: Thanks, take care.

KING Bye.

MICHAEL: That's the end of our interview. I hope you've enjoyed it.

MICHAEL: For more great interviews and stories like this go to Michael Senoff's weightedhands.com.