

WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

Tips For Getting Your Workout Done In About Half The Time

Michael has been working with HeavyHands for about 10 years now. He says the best part for him is that he can combine his weight workout with his aerobic one – and get both workouts done in about 35-40 minutes. He says it's also easy to change things up and keep everything interesting, which is a great way to keep lean and tone.

And in this quick audio, you'll hear how Michael does it.

You'll Also Hear...

- * The biggest difference between HeavyHands and other weights – Michael says he never worries about dropping a weight when he relaxes his grip with HeavyHands, here's why
- * The physics behind the workout – and why you may not have to go heavy to get the same benefits
- * A quick tip for preventing shoulder strain during your workouts

Michael says HeavyHands helps him meet his fitness goals in about half the time, and now at 58, he's using them to help him lose weight too. And in this audio, you'll hear all about it.

Michael S.: 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 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?

Michael S.: Hey, Michael. This is Michael Senoff out here in San Diego with Heavy Hands.

Michael: Oh, yeah. Hey, how you doing?

Michael S.: I'm good. How's everything with you?

Michael: Just another day in paradise.

Michael S.: I just sent you the invoice through PayPal on the handles and the weights.

Michael: I'll take care of that. I do have the multi-set, which is down in Florida, but I'm up here in New Jersey now, so I wanted a set up here.

Michael S.: I got you.

Michael: I was smart this time. I knew to order a couple pounds less.

Michael S.: Okay, yeah, so you have the set of (4) 4-pound weights, which gives you 9-1/2 pounds in each hand.

Michael: Right, and I have the grips and everything. I actually have the multi-set from years ago.

Michael S.: Okay. That's great.

Michael: But I like the grips and everything better than the old one.

Michael S.: These grips are more comfortable.

Michael: Oh, yeah. Absolutely.

Michael S.: How often do you walk with them and stuff?

Michael: I've been up here now for about three months. I've been doing them four or five times a week.

Michael S.: Inside or out?

Michael: Outside down in Florida. Here I've been just doing a pair of 6-pound rubber dumbbells.

Michael S.: Oh. You've been walking with those?

Michael: Yeah.

Michael S.: All right, so you've got some calluses going on the inside of your hands?

Michael: No. No.

Michael S.: No? Is the grip rubber on the dumbbells?

Michael: No. It's the neoprene ones, so they're a little bit more comfortable.

Michael S.: Okay. That's not too bad.

Michael: I know, exactly, and that's why I said I ordered the lesser-weight ones this time, because I knew exactly what I needed. I figured 5-1/2 pounds would be ideal.

Michael S.: You'll be fine with that. As a matter of fact, I've been walking with a lower weight. What you find out is it's nice to go heavy once in a while, but it's good to switch it up, so you can heavy one day, and then you can go light. Even when you go light, I always check my heart rate. Because you're going light, you're walking faster and you're pumping to a higher level. Your body kind of knows how hard it wants to work out, and it actually evens out.

Even Schwartz, in his book he says a lot of people make the mistakes of going too heavy, when in fact, the lighter weights can

really ramp your heart rate up even more, because not only are you walking faster, when you're walking faster and you're pumping faster, your down-stroke is harder. When you have to stop that weight from going down in a down position, it's almost like you're throwing more weight. It may be 5-1/2 pounds in your hand. By the time you throw the weight down and you have to stop the weight, you're pulling up 7 or 8 or 9 pounds because of the G-forces. You know what I'm saying?

Michael: Absolutely, because you have better control.

Michael S.: There's a lot of physics that go into it. I wish I could find someone who understands velocity, momentum, and speed, because it's a puzzle, understanding really how much effort is one putting into a Heavy Hands walk.

Michael: It's like if you do the calculations of your foot impact every time, depending on your body weight. I know pretty much the mechanics and the physics behind it, so that's one good thing. One thing I like, if I become pressed for time ... I'm up at 4 in the morning, so I try to get out by 4:30 and get back by 5:15. I've been doing that for years. Believe me. I know all the mechanics behind everything. I'm one of the more educated people, I guess.

Michael S.: What do you think makes the Heavy Hands so effective, compared to something else?

Michael: The good thing is because it's more comfortable as far as the grip, plus the strap. If you do relax, you don't have to worry that if you relax your grip you're going to drop your weights.

Michael S.: When you're walking with those 6-pound dumbbells, do you feel the fatigue in your hand?

Michael: A little bit, because I know I have to control it and I can't relax. At least with the older ones and even the new ones, I know I can relax a little bit.

Michael S.: What can't you do with the dumbbells that you can do with the Heavy Hands with my strap and the grip?

Michael: Well, if you get a little bit fatigued and you relax your grip, you don't have to worry about dropping them, so if you do need to take a little bit of a break, you can relax your grip, and they're still locked into place so you're not dropping them. You don't have to keep that constant pressure to keep that grip. Fatigue-wise, I think

it's a benefit right there. I try not to keep them down too long, because I know one of the biggest things that they came out against Heavy Hands was the unnatural pressure on your shoulder joints, which can cause damage.

Michael S.: Okay, educate me on that. I don't even know that story. What did you hear?

Michael: Oh, you didn't know that?

Michael S.: No. Where did this publicity come from?

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

Michael: Oh, geez. I'm trying to think. We're talking almost 20 years.

Michael S.: Yes. See, I'm trying to get the full story on what happened, and you've had these for over 20 years, right?

Michael: Oh, yeah.

Michael S.: Your original ones?

Michael: Oh, yeah. An article ... I don't know. It was either in either *Men's Fitness* or *Men's Health* and everything. One of the detractors of the Heavy Hands was that you put unnatural pressure on your shoulder joints, which can cause damage. I think that was the death blow to Heavy Hands.

Michael S.: That came out in *Men's Fitness*?

Michael: I can't remember, one of the articles I read. I couldn't make it up. Let's put it that way.

Michael S.: All right.

Michael: Some doctors came out against that, saying that, "Well, it's good as long as you keep your arms in the 90-degree position, but if you let them go low, you start putting pressure on your shoulder joints.

Michael S.: Oh, my God.

Michael: I think that was the death blow to that.

Michael S.: It is interesting. I'm going to see if I can research and find that.

Michael: Yeah. I mean, trust me. I couldn't make that crap up.

Michael S.: No. I know something killed Heavy Hands. I was just trying to figure out what it was. I thought maybe people were just carrying them or they weren't getting the results that they claimed.

Michael: In the end of that, I can tell you right now, that came out, I would have to say maybe ... let's see. When I got transferred down to Florida, I had a pair of Heavy Hands and then I bought the tri-kit that you offer, because I had two pairs. I had the pair that you bought in that plastic case. The Heavy Hands, I think they were 1-pound, 1, 2, and 3.

Michael S.: 1's, 2's, and 3's, yeah. What year do you think that was?

Michael: 2004/2005. That was, I think, the end of Heavy Hands.

Michael S.: That late in the game, 2004 or 2005?

Michael: Yeah, because I remember buying that boxed set in Sports Authority down in Sarasota, Florida when I got down there, and that had to be 2004, 2005. I think they were trying to get rid of their inventory, and that was the end of that.

Michael S.: What publication do you think it was, if you were to guess, that you read the article? *Men's Fitness*, *Men's Health*?

Michael: It would have to be either *Men's Fitness* or *Men's Health*. Those were the two magazines that I subscribed to and got, so it had to be one of those two, because the internet was still just really blossoming and really going full force around that. It could have been an article there, but it might have been in either *Men's Fitness* or *Men's Health*, one of those two publications.

Michael S.: Okay. Have you had any kind of shoulder problems or anything?

Michael: Not really. It didn't bother me one bit.

Michael S.: It didn't bother me, either. That's interesting. All right. Well, look. I appreciate the new order, and we'll get them packed up and shipped out, and I'll cut those straps for a large hand, okay?

Michael: Do I get a discount?

Michael S.: Do you have his old book, the original *Heavy Hands* book?

Michael: No, I really don't.

Michael S.: I'll send you one.

Michael: Oh, okay.

Michael S.: Yeah. I'll send you the original *Heavy Hands* book, and if you really want to get into the science, it's all in that book.

Michael: I tell you, you look at the videos. You have them in your website. From the way they're dressed ... They're all dressed like Jane Fonda.

Michael S.: Oh, yeah. It's totally 80s stuff.

Michael: I looked at that. I said, "Oh, my God."

Michael S.: Those videos, I think that's too hard for the average person to follow. I just say, "Get your ass up. Get out in the morning and go walk. I walked an hour this morning. I did about four miles, and I had 7-1/2 pounds.

Michael: I do 35 right now, I've got a place up here in New Jersey anyway, so it works out well. I go back and forth now, because I still have my house in Florida, which I'm not going to give up.

Michael S.: What's the main reason you're walking with the Heavy Hands? You just trying to maintain weight or just to feel good? What's your goal?

Michael: Maintain weight, keep lean and toned, and I can get a double workout in, because I can do my weight workout, plus aerobics, get it all done within 35-40 minutes and then I'm done.

Michael S.: How old are you?

Michael: Unfortunately 58.

Michael S.: You're 58. Okay, and is it keeping the weight off for you?

Michael: I'm down about 18 pounds now, so probably another 30 pounds, and then I'll be happy.

Michael S.: You've got to watch what you eat, too, right?

Michael: Yeah, I tell you what. You can't outrun fat. That's for sure.

Michael S.: Yeah, you can't. You can't exercise yourself out a bad diet. It helps, because you're pounding the Heavy Hands an hour a day, 40 minutes a day, you're going hard, you can definitely eat a little more during the day.

Michael: I'm pretty good going the whole day. It's when you get home and everything. Then you don't feel like doing things, but I'm a holdover from the 90s and the 80s, because I started rollerblading again, in-line skating, and I love it. I hope that that makes another resurgence back like the Heavy Hands.

Michael S.: Has that died down big time, in-line skating?

Michael: Yeah. You still have a lot of hanger-ons like me.

Michael S.: It was huge. My wife, before we got married, she dated a guy who owned an in-line skating business right on the beach right on Pacific Beach.

Michael: It's tough now, because I haven't done it in almost 15 years. I'm sort of getting back into it again, so I'm getting better at it, but I'm taking my falls, and I don't want to get a hip replacement.

Michael S.: Exactly. I'm 50, and I was skateboarding with my kid. The last time I was on the skateboard, the thing went right out from under me, and I landed on my ass with both my elbows and forearms hitting the cement. I was so lucky. I go, "All right. Did I break anything?" I didn't break anything. At 50 and over, we fall harder.

Michael: Well, we just heal slower.

Michael S.: Hopefully these Heavy Hands will keep us going without injury.

Michael: No, I like them. I've always been a big fan of them.

Michael S.: All right. Well, it's good talking to you, Mike.

Michael: Same here.

Michael S.: *For more great interviews like this, go to Michael Senoff's www.weightedhands.com.*