

# WEIGHTED HANDS <sup>®</sup>

RAPID WEIGHT LOSS SYSTEM

Audio Interview Series

## The Hidden Benefits Of Using Four Limbs Instead Of Two

With a family history of heart disease, Mike Fleblanch began looking for a better cardiovascular exercise in 1982. That's when he discovered Dr. Schwartz's HeavyHands, and has never looked back. He began running with the specially designed weights, and says the fitness routine works so well because it uses all four limbs instead of just two, if you do it right.

His pulse rate and blood pressure dropped, and so did his weight. At 67, he's still able to stay fit while keeping weight off. And in this audio, you'll hear his story along with a look at his workout.

### You'll Also Hear...

- The only two improvements the new Weighted Hands have over the older version (Dr. Schwartz used the best 80s technology available, but the newer grips and handles are extra comfortable and tailor made – but don't worry, they still fit the older weights)
- The one best way a new HeavyHander should start out, and the one absolutely wrong way to do it that you'll want to avoid
- A surprising fact: the slower you go (when walking and pumping to a level three) the harder it is -- here's why going slower could be a better workout
- The one move you can add to a regular HeavyHands walking workout that accelerates pulse and energy output – while challenging those hard-to-reach quad muscles too

Mike says the trick is to make sure you're pumping the weights, and not just carrying them. That way, you're getting a full cardiovascular workout that uses all four limbs. And in this audio, you'll hear the benefits of doing that, some tips for making sure you do it correctly, and why HeavyHands has been a big part of Mike's fitness routine – for more than 20 years.

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.

Michael: So what got you into Heavy Hands?

Mike: Just looking for a better way, and in 1982 or somewhere in there, I saw Leonard Schwartz on TV and they were talking about this new different approach he had to fitness, using four limbs instead of two and so that's what got me started and I picked up his books along the way. I still have his hardcover book, one of the first ones, and I started running with them. I ran with them for many years and finally at the age of 67, I'm walking with them. But I'm not carrying them, I'm pumping with them, and there's a difference and a lot of people just carry them and that's a big mistake.

Michael: When you started, were you a runner already?

Mike: Yeah, I was a runner.

Michael: What was your goal? Were you trying to get in better cardiovascular fitness, trying to improve your times, trying to get stronger, more muscle? What was your goal?

Mike: Strictly cardiovascular. With a family history of heart disease, I was looking for a better way.

Michael: Was running your primary mode of exercise back then?

Mike: Yes.

Michael: Did it keep you fit?

Mike: I thought it did but obviously I was not fit enough. I was not really where I wanted to be, plus I was looking for a way to get my body fat down as well.

Michael: How heavy were you going when you first started and what did you build up to?

Mike: Actually, I started with two 5 pound dumbbell plates with the hole in the middle; stick my thumb through the hole and I would run with those until finally I got a hold of a pair of five pounders, and I ran with those for many years until the grips wore out, and now I'm at a point where I have everything from 1 pounders on up to 10, except for 8. They don't make 8 and never did in the past, so I have the whole collection and run with 10 or 15 pounds in each hand. As I get older, I'm strictly down to walking now, so pumping them and not just carrying them or lugging them along.

Michael: I understand. So when you started running with the weights, what did you notice? What were some of the benefits you experienced?

Mike: Well, lower pulse; pulse rate was the important thing to me, and also blood pressure was dropping down even with it. Leonard's pulse rate was down in the thirties with doing Heavy Hands, but he was not just running. He was walking and pumping these things, and getting results that I didn't think you could get from just walking.

Michael: Yeah. What did you get your pulse down to?

Mike: Probably got down in the fifties, somewhere in there.

Michael: That's pretty good. What kind of conversations did you guys have over the years? I sure wish he was around.

Mike: I sure do too, and my biggest regret is I didn't hop on a plane and fly over there. I think he was in Pennsylvania at the time and moved to Florida later on. We had conversations about the physiology and how the body works and basically how the whole mechanism of using four limbs instead of two, and how he did a lot of research with it. Tom Arbol was one guy that was right there by his side, but along the way he developed some kind of cardiomyopathy and it had to do with a virus or something got loose in him and that sidelined him.

Michael: I had looked for him. I've never been able to find him. Do you think he's still around?

Mike: He may be. He would know everything because he was in the lab with Leonard the whole time, and Judy Sayshoop is her name, she was another one that was right there with him. She is another one that would know a lot about this, too.

Michael: Yes, that's correct.

Mike: But he was remarkably fit. He died at the age of 84 from lymphoma, if I understand.

Michael: Yeah, I understand that. Did he do, from what you know, other training besides Heavy Hands?

Mike: I think he did some resistance like with weights and all but I think the bulk of what he was doing was Heavy Hands, from what I gathered.

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

Michael: Okay, so I've got a new handle. Like you, I got introduced to it only a couple of years ago and I was using the old handles and we couldn't get the weights anymore. There was only one distributor selling them and they stopped selling them and so my father-in-law is a machinist and he machined me some weights and I figured I could come up with a better handle, so we created that ergonomic grip because I was getting terrible callouses on my hands because I was pumping 11.5 pounds in each hand when I was doing my walking, and those foam grips – it's early '80s technology, so we upgraded the grip and we've got a flexible back strap on there and it's just night and day compared to those foam grips Heavy Hands had. And then we make the weights so everything's interchangeable. If you still have the grips, our weights will fit your grips or your grips will fit our weights, vice versa, and we made them that way.

Mike: What I'd like to do is order a couple of 5 pounders from you with the weights and the grips.

Michael: Okay, so you want 5 pounds total in each hand?

Mike: Yes.

Michael: Our grips are 1.5 pounds where the old heavy hand grips are 1 pound, and I've got 2 pound weights. That's going to give you 5.5 pounds in each hand, but the extra comfort – you'll be able to make up for it.

Mike: That's good. That's what I need and as I get older, my hands are cramping and they're getting a little stiffer also. I need something a little more comfortable.

Michael: Okay, good. Now, I make that back strap custom fit so I'll cut it to fit your hand the best way possible. Would you say you have small, medium, or large hands?

Mike: I'd say large.

Michael: I'll go with large. If you feel like they're too loose, just let me know. We'll cut you a new strap.

Mike: Sure enough.

Michael: Okay, I'll put together an itemized invoice and I'll email it to you. It'll be coming from Paypal. You can pop it on a credit card. The shipping is free and I'll total it up and email it to you, and if you get it paid, I can get everything packed up and possibly even shipped out today.

Mike: Okay, I'll wait to receive it and fill in the card number and whatever is needed and go from there.

Michael: So what could a new Heavy Hander experience picking up Heavy Hands, and what would you tell them? You've been doing this now over 20-something years.

Mike: I still thinking using a light weight like 2 to 3 pounds to start with is the best start.

Michael: Now, when you walk, are you pumping to a level 3?

Mike: Yes.

Michael: I'll tell you here's one thing I've found, if you walk, if you're pumping to level 3, the slower you go, the harder it is. So if you start going really slow, you're giving up some of that momentum. That swinging, that momentum, is kind of cheating a little bit, you know what I'm saying? And if you bend your knees – like when you walk, if you bend them just a little bit, you don't have to do a lunge, but if you walk kind of slow and you have a bend on your knee when you land on that foot and then you extend your knee to go straight for the next step, just including those little bends will really accelerate your pulse and energy output.

Mike: Sure. It challenges those big quad muscles, too.

Michael: Look around. I've got a lot of his old research up on the website. I did some videos of the different movements. I'm really glad you found me. I'll shoot you over this itemized invoice here shortly.

Mike: Sure enough, and I appreciate it.

Michael: You want two sets, right?

Mike: Well, two handles with the weights.

Michael: Okay, just one set. Got it.

Mike: One set to begin with and then we'll go from there. I have a friend that has hung with me for years and I've given him my 5 pounders that had a clear plastic strap that was being marketed at one point, and it reinforces the hand grip so you don't rip it off of the bar, you know what I mean. So I gave him a set but I think when he sees what you're going to send me, I'll be getting his attention. He's going to want a set too, because that'll work fine.

Michael: Perfect. And how did you find me? Did you just type in "Heavy Hands"?

Mike: Yeah, because every once in a while I'll type in "Heavy Hands" to see if anybody's coming back with something and that's where I found you. I'm always interested to see if anybody else is finding and using – but the biggest disappointment, and I think Clarence Bass has made this statement, is that it has become known as "carry hands" because people are not really pumping these things and that's what it takes. Leonard

worked on this thing using different levels and different intensities, different weights, so he knew what it would take but you don't just sit out there and lug them along.

Michael: No, I see people walking and they're holding them wrong.

*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).*

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Use Weighted Hands for 14 days. WE PROMISE RESULTS! You'll FEEL and LOOK stronger. Results YOU can actually SEE in a mirror and measure with a tape! There's no need to undress, no need for strenuous exercise, no need for expensive gym visits. Now build the body you've always wanted in Just minutes per day in the PRIVACY OF YOUR OWN HOME. Weighted Hands can start you on the way to a magnificent lean body! Try Weighted Hands for six weeks if you don't see results we'll give you your money back - GUARANTEED! Financing options available.

### **Faster Results Guaranteed**

It's All In The Hands. All the research and workloads have been calculated by state-of-the-art human performance labs. For example, if you weigh 175 lbs. and you walk 30 minutes pumping 11 lbs. Weighted Hands to shoulder height at a rate of 100 pumps per minute, you're going to incinerate 600+ kilocalories. And your grip strength, your upper body, your arms and your chest are going to get conditioned like never before. You'll feel and look better too. And as you whiteness the changes in you, your confidence is going to shoot through the roof.

### **Burn Maximum Calories In Minimum Time**

Walk with Weighted Hands and enjoy a workout that not only feels ESIER than running or biking but get's you better results in up to half the time: We say . . "save your knees and "Run With Your Hands". If you are tired of boring workouts at the gym on the elliptical, treadmill or stair stepper, then you're so going to love walking with Weighted Hands. Walking at the same pace with Weighted Hands will burn far more calories than walking alone and you're not stuck inside because you CAN be outside in the sunlight getting the perfect cardio and muscle toning workout in half the time. Weighted hands is the perfect way to make walking more challenging, more fun and more effective. You'll enjoy the benefits of walking along with the challenges of an upper body workout without the stress on your knees , ankles, and hips. Eating healthy and walking with Weighted Hands for 30 minutes per day three times per week, you can expect to . . . \* Burn more calories in less time. \* Tone and tighten your body while melting fat around your face, legs, thighs, arms and belly. \* Get an intense cardio and upper body workout that feels easy and is low impact on your joints \* Increased in energy, mood and stamina. Your protected by the "Weighted Hands Buy Back Guarantee" Try Weighted Hands for six weeks if you don't see results we'll give you your money back - GUARANTEED! Financing options available - Call/Text now 858-692-9461

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We've got you covered. Not only is our gear comfortable, it just looks cool. And all of our weights and grips fit with your old AMF Heavyhands handles and weights. We designed it that way. Weighted Hands should not be confused with dumbbells. One look at our ergonomic design clearly sets Weighted Hands apart from such conventional weights. Our textured non-slip grip and form fitting back-straps will provide you with maximum comfort over an extended period. They'll fit snugly onto your hands. They don't have to be gripped as tight so there is no chafing, no straining, no cramps, and no constriction. You're going to thank us after just one workout for how functional these grips feel compared to your old 1970s foam coated Heavyhands handles. Kiss wrist, elbow and joint pain goodbye when you switch to the Grip Without Slip. Call now to order your set today 1- 858-692-9461 or go to <http://www.WeightedHands.com>