

WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

Audio Interview Series

An Inside Look At The Inventor Of HeavyHands, His Favorite Exercises, And How HeavyHands Has Changed The Way We Age

Neil struck up a friendship with Dr. Schwartz many years ago after reading how the doctor used HeavyHands to decrease his pulse rate from 60 to 38 and his body fat from 14% to 4%. Neil had only heard of elite athletes with numbers like that (not some guy in his 50s), so he contacted the doctor to find out more. That was the beginning of a lifelong friendship that would change the way Neil viewed aging.

Dr. Schwartz didn't believe that the musculoskeletal system needed to decline as we age. He believed that working all four limbs at the same time, instead of just two, would allow feedback loops from the heart to the muscles to form and strengthen, preventing sudden overloads on the heart while also preventing muscular declines in strength and movement.

And in this audio, you'll get an inside look at the inventor of the HeavyHands workout, Dr. Schwartz, from one of his friends, along with tips on the best exercises to do with the weights and how Dr. Schwartz intended they be used to improve life, throughout your life.

You'll Also Hear...

- Why Dr. Schwartz called swimmers and cyclists "gravity cheaters" – and how to use the resistance of gravity as a way to make workouts even more beneficial
- Why Dr. Schwartz didn't believe you needed to lift heavy weights to improve health and strength – and a quick look at how he came up with his HeavyHands fitness concept
- Why Dr. Schwartz didn't believe you needed to lift heavy weights to improve health and strength – and a quick look at how he came up with his HeavyHands fitness concept
- Debunking the hero myth that you need to "push through the pain" when exercising – what your body is really telling you and what to do instead
- The real problem with "repetitive exercises" and how simple changes to your HeavyHands workout can result in a whole new fitness routine – with changes in speed, cadence, angle, direction, and weight

- What Dr. Schwartz considered to be one of the most important concepts to learn about fitness: “long-strength training.” What that means and how to make it a part of your routine
- A step-by-step look at how to do one of the single most difficult movements of HeavyHands, and why you may want to give it a try
- How long it usually takes to build a virtual “fat-burning furnace” so you’re controlling your weight with energy, strength, and stamina (without really trying)

As a hypnosis practitioner, Neil works with clients to improve their health and well being, and he says he recommends the HeavyHands workout to all his clients because it’s so versatile. It doesn’t matter if you’re already an elite athlete or a couch potato, no matter where you are in life, there’s a place for you to start and get immediate benefits from the workout. Even in his 80s, Dr. Schwartz was able to do things most people in their 30s would be happy to be doing. And in this interview, you’ll hear all about him.

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 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: I was really excited to get your call yesterday because you shared with me that you had a lot of personal contact with the great Leonard Schwartz, inventor and developer of the original Heavy Hands, and first I’d just like you to share with any new Heavy Hand enthusiast or existing long time member some of the things you learned about this great man. Why don’t you start off just tell us who you are, where you’re located, and how did it all start, your first introduction to Heavy Hands and maybe that first time you contacted Len?

Neil: My name is Neil Myers and I presently live in Mystic, CT, which is a very beautiful part of the world on the eastern seaboard here, which is famous for its Mystic Seaport and village and national treasure.

Michael: And the movie Mystic Pizza.

Neil: We know it well. It's just up the road from s, about a mile down the road. Exactly right. They play the film endlessly in there.

Michael: I'm sure they do.

Neil: And the time I first spoke with Leonard Schwartz, I was living, as I had been, in New York and I lived for a long time in New York. I had two homes. I think he liked Florida in the winter. I think I contacted him that time of the year he was in Pittsburgh. How it came about was I've been interested in exercise in various forms for a long period of time, and I was interested in many forms of exercise. I've experimented with all sorts of things.

Michael: Did you have a specific reason? Were you in sports? Did you want to lose weight? What was the deal?

Neil: I didn't need to lose weight. I've always been on the skinny side, if anything. I was involved in various sports. I was at the time an instructor of a rather unusual martial art called Sistema, which is a Russian martial art, and I just generally had an interest in wanting to stay healthy and mobile and I explore lots of obscure pieces of information, and at the time I was investigating Heavy Hands, it was fairly obscure. For example, in obscure information, I was familiar with some of the work of Pavel Tsatsouline in the early days when he wasn't so focused on kettlebells but more focused on other things and he mentioned Len Schwartz. Some of the stuff with Matt Fury I've looked at before, and all sorts of other things with elasticated bands and tensions and various things, and what I was coming more and more to was that one probably wanted to stay mostly away from machines. The old joke used to be that if you were in the gym and you saw more machines than weights and you weren't standing in cafeteria, you should probably leave and of course that's no longer true. Every gym is packed with weights, and it led me to the work of Len Schwartz and the first book I got is what I think was his first book, which was Heavy Hands. I think it's subtitled "The Ultimate Exercise", which came out some time in the '80s, and one of the things that is in that book is a description of his own personal measurements and development and I was flabbergasted. I was completely nonplussed. I mean, he showed from two years, his pulse rate goes down from 60 to 38, his body fat percentage from 14% to 4%. At that time, I wasn't aware of anybody except for elite athletes who had heart rates approaching those levels, let alone a man in his fifties, so I was so intrigued by this that I decided to try to track him down and talk to him, because it's my practice when I read books by people who I like and admire and hopefully are still alive, I actually try and find the authors and talk to them directly because sometimes they have additional information that is not available in their books, and that's when it began.

Michael: Let me ask you this. Had you gotten a pair of Heavy Hands and used them before you contacted him and read the book?

Neil: I had. I had already done that. I had started to work with them and I followed the recommendations very closely, and he has very specific recommendations. At that time there was also another book, called the *Heavy Hands Walking Book*, which I got subsequently, which is also a good book. I'd begun doing the exercises and the movements. I think the first time I actually worked out with Heavy Hands, I was surprised at how difficult I found it because you've got two little weights about 2 pounds and you think "This isn't a problem," and after about a half a mile and then a mile of doing this, it's "Wow, this is much more challenging than I thought." My routine at this point, I was doing Heavy Hands on a daily basis with 3 up to about 6 or 7 pounds. I like to do mine outdoors. There's a particular lake I like to go around, varying movements, but I also did indoor work as well and I kept that up for quite some period of time.

Michael: Good. So you contacted him that first time?

Neil: Yeah, very nice guy, very helpful, and we began a dialogue which went on for a considerable period of time. There was a succession of phone calls, and at that time I was also in contact with some other people who were familiar with his work as well, and the more I learned about him and what he did and his mind, the more impressed I became, basically.

Michael: So what was Len's view on the apparent agelessness of the musculoskeletal system?

Neil: I would ask him about this. His view, right up until the very last years of his life, was basically the musculoskeletal system – his belief was that you could maintain it in pristine shape until you draw your last breath. He didn't believe it really did decline, and when I think about the single biggest thing that being with Len Schwartz has done for me is simply this: it has completely changed my view of what aging means. I had this idea that most of us tend to do, that sometimes after 30 if you're a man and sometimes even younger perhaps if you're a woman, there's a slow decline into decrepitude that one tries to fight off as best one can, but this is a man whose physical abilities increased through his fifties and was maintained through his life, and so it changed my whole view of what being old actually meant. One of my favorite tricks is when I'm with people, is I have Len's second book and there's a picture of him on the front walking into the woods, and what I do is cover up his face with my thumb and I say to people, "How old do you think this guy is based upon his body?" And normally they'll tell me somewhere around 30, 40, and I take my thumb away and it's clear that Len is considerably older than that in that book, and people are flabbergasted because one of his old sayings was "Bald head, bold bod," and I think he proved that really through his life because as far as I'm aware, he was able to do things in his eighties that most men in their thirties would be envious of, physically.

Michael: You have a bullet here, "Starting out exercising at 50 and his motivations." What would you want to say about that?

Neil: I asked him why and he was very clear about this. He said both of his parents had died fairly young, that he thought he personally had pretty bad genetics, although what we now learn about genetics might have modified his view, but nonetheless, that was his primary motivation to seek physical fitness. I think at the time he started to do that, the most popular trend was jogging, running, and that's where he started, and the only reason he discovered Heavy Hands is because he injured himself and he was trying to find a way to maintain his levels of fitness while recovering from the injury and that's where the Heavy Hands begins. His goal – he describes it as a narcissistic goal but that's about it of an unkind judgement on himself – but his goal was to keep himself alive and healthy far beyond the years of his parents and he certainly succeeded in that.

Michael: What was his view of gravity cheating exercise?

Neil: Sometimes I used to talk to Len about swimmers and cyclists and he used to call them the gravity cheaters. I would say, "What do you mean by that?" He called them the gravity cheaters and his point was that gravity should be an aid in exercise. It should be something that you use to your advantage, and one of the reasons he felt that swimmers had to do so much legwork and everything was they were cheating gravity, similarly with cyclists. I used to ask him about things, for example, like rowing and cycling, and he used to say to me these aren't exercises, these are means of transport.

Michael: That's true in a way.

Neil: I would say, "What do you mean by that?" And he would say nobody sat and thought about whether this was an exercise or not. They just found that they enjoyed certain physical benefits as a result of doing them but they weren't designed as exercises, so they have certain shortcomings. In cycling, one is almost exclusively using just two limbs and in rowing, even though one is using four limbs – and Len himself liked to row, I believe – you also were putting the back in strange positions, and he didn't like anything where you were doing the same movement again and again and again and again and again. He didn't feel that was what exercising was really about. And so whenever I think about it, I always think about any movement and say "Is this designed for exercise or is it designed as a means of transportation or" – say, for example, sports can be a form of exercise but usually they're a game designed to play and amuse and entertain oneself. They're not designed for exercise, so whereas one might get an exercise benefit of playing certain sports, almost invariably you'll have weaknesses, shortcomings, areas which are overdeveloped, asymmetrically developed, underdeveloped, put through extreme motions, which for the sake of the sport but had not really to do with exercise or the health benefits of it.

Michael: So you have here "training with heavy weights." Let's talk about that.

Neil: Well, Len was very against training with super heavy weights. He really thought that was a massively unhealthy practice, and for him, I think the heaviest weights he used – and even those only shortly – sometimes he would take a very heavy 20 or 30 pound

weight, which is not considered that heavy, and do a movement where he would swing it up and down between his legs, but even that was a very small part of his exercise. I think his thinking was that the kettlebell weights were too heavy for safety and unnecessary for fitness effect. One of the things I discovered that he did was he actually visited native peoples in various parts of the world, and he said it was very simple. He'd see them climb, jump, run, walk, throw, but if they wanted to lift a heavy weight, they'd get a friend to help them do it, or they'd do it in groups. He couldn't find one native peoples anywhere – he told me, at least – where they spent any time sort of pumping iron and pushing weights of any type, unless it's kind of a Viking thing and again, that comes back to sport and entertainment, not utility, and so he believed that fundamentally, working with very heavy weights was not a thing that was healthy and not even necessary to produce levels of useful strength. Len was really heavily into useful strength.

Michael: What are some of the flaws in certain sports-specific training?

Neil: Well, some of the things that we talked about together. For example, Len liked to watch boxing, which is surprising for such a gentle man but he enjoyed his boxing. I think he used to think that the roadwork that boxers did was largely a waste of time, that it didn't develop the types of stamina that they needed for their specific sport, and that it was really just history. I think he also thought for example, for boxers, skipping rope was largely a waste of time. It didn't really develop the things they needed, and so he felt that heavy Hands could be used for sports-specific training to develop the particular attributes require in that particular sport. He had a list once – I don't know if I've still got it – but he went through sport by sport basically to show how Heavy Hands could help develop certain things and how some of the practices that were common to those sports were just accidents of history or long held tradition but didn't seem to have much science behind them.

Michael: From your conversations with Len, what was his views as far as keeping free of injury?

Neil: He was very strong with the idea that if it hurts, stop doing it. That was his single most important thing, so when it comes to Heavy Hands, most people when they start to do Heavy Hands will start to find that they're exercising their bodies in ways that they're not used to, and there's a hero tendency with many of us who exercise to sort of push through pain, which is another way of saying that we ignore the signals, but he was adamant that if something was painful, stop doing it and then switch to something else, and that's one of the beauties of Heavy Hands. So for example, if one is doing the pumping action, the standard Heavy Hands walk, and that's started to feel a little bit uncomfortable, then you can swap that by changing the angle, changing the cadence, changing the movement. You don't have to stop the whole exercise, which is one of the reasons he didn't like, as he told me, repetitive exercises which did the same movement, because you were forced to do the same thing again and again and again, whether it's cycling or swimming. With Heavy Hands, you can constantly change and

modify everything; speed, cadence, the angle, the direction, weight, and so if you don't want to injure yourself, stop when your body is telling you it doesn't like it. I can say that I have never injured myself in doing Heavy Hands. I've injured myself doing other things but not Heavy Hands, ever.

Michael: Are there advantages to Heavy Hands when it comes to exercising in hot or cold weather?

Neil: Yeah, Len also had pretty strong views about this. He didn't like exercising if it was too hot, or if it was very cold, but particularly if it was too hot. In the very hot days in the summer, he said he thought his view was it was more healthy to exercise indoors. He himself, he liked to do a lot of his exercise indoors. That was partially because particularly towards the latter years of his life, I think he was quite reclusive. For example, I would watch people exercising with Heavy Hands or sometimes weights and I would even ask them about it, and they would claim it was Heavy Hands, and they were just carrying them around, not making vertical movements. Just running around carrying things is not Heavy Hands at all, but he told me a great story where one time he was exercising outdoors and he watched a young lady who was doing this. She had these weights which were pretty heavy. I think they were over 5 pounds at least, the Heavy Hands, and she was just walking around with them. He stopped her and said that's not really very productive and she was quite angry, and she said, "How do you know anything about this?" and he said, "Well, actually, I'm the inventor of this system of exercise called Heavy Hands," and she told him in rather more colorful terms to go away.

Michael: That's hilarious.

Neil: Even though he was a psychiatrist, he was quite sensitive in a way and he said "I never talked to anybody again, I just don't say anything to anybody anymore," which is remarkable. So every so often, I'll stop people and describe Heavy Hands but you see a lot of people walking around with weights and you might seem them every so often lift up a weight, but they don't do the heavy hands movement, which is a shame because they're only getting a very minimal benefit. I suppose their arms will grow longer but I don't know if they're getting more benefit than that, walking around with them.

Michael: So Len had a fascination with exercise?

Neil: He loved exercise. He was forever exploring different means of exercising and he had such a fertile and interesting mind that Heavy Hands is only one manifestation of that interest. For example, he developed an exercise machine called Panex, which I've never actually seen an actual machine. He described it to me. IT seems like a combination of something, almost like a frame upon which you can exercise your arms and your legs simultaneously and in doing that, he wanted to see how much he could develop his body and what he could get it to do. I think even into his eighties, he was able to do more than 60 full body pull-ups as a result of this, and he said he went from

only being able to do 20 – which, by the way, is the Marine standard, which is still very respectable – but he didn't feel this was good enough and so he pushed it over time, not that long a time, he got to 60. That was one, and then I think he was interested in Heavy Hands gloves, and then there was this very interesting Itonometrics, which was interesting. I understand from his children – I mean, up until the very last days of his life, when unfortunately he was in bed because I think he suffered from a form of cancer, which meant that he was in bed for periods of time – he actually developed a whole exercise methodology around the bed. Incredible. There were so many things that he considered and thought about in terms of exercise and fitness and health.

Michael: What was his view as far as getting too big and muscular?

Neil: He had, again, very strong views on this. His idea was to be the strongest, most energy efficient body in the smallest frame, by which he meant that having big muscles wasn't a good idea because you had to carry those things around all the time, which was taxing to the system, so his idea was to be very strong and have great aerobic capacity in the smallest frame possible. One of his favorite things was he always used to talk about the pile of bricks. In a contest where there was a huge pile of bricks that had to be moved from point A to point B by hand, he probably be better at doing that than almost anybody else, because that was the whole of his long strength training, the capacity to take these things and consistently move them.

Michael: Did the name "long strength training" develop along with Heavy Hands?

Neil: Yes, I think it did. It was a concept that he wanted to get in people's minds. I didn't understand what he meant at first. What does he mean by long strength? And as far as I understand, it means tis capacity to exercise strength over a long period of time, sort of a stamina within strength, and I think by using that phrase, he was trying to distinguish two things; something that involved more or less stamina, like marathon running or long cycling or something like that, and something that involved short bursts of explosive strength, and if one looks at athletic endeavor and sports, there isn't much that tests long strength per se. I mean, one could talk about things perhaps like rugby or football. They test strength and endurance over a period of time, but most things are for the short bursts and he thought that the most useful thing was to have the capacity to use one's strength over time. One of the things that he was proudest of is that when he played out in the garden with his grandchildren, they'd get tired before he did. The kids got tired, not grandpa. That kind of almost encapsulates his view about these things.

Michael: What about stretching? Was he into stretching?

Neil: No, he believed – and again, this is something where I don't completely agree with Len but I see where he's coming from – his observation was that more injuries were sustained through injudicious use of stretching than almost anything else that he observed, and so he kept it down to three stretches, I think. He didn't do a lot of stretching. And I will say that as I watched him, his flexibility for a man of his age – and I

saw a video of him – it's not bad but it wasn't great. I don't know. Stretching is still very controversial. It's a bit tangential, but I think if he had looked at the work of Aaron Madsen, active isolated stretching and the use of very short stretches, he might have changed his views a little bit, but I think he was talking about yoga type stretches, these very long stretching routines. He felt that if you wanted to start a Heavy Hands work out, you didn't need to do any stretching. You just started to do Heavy Hands; maybe not at full pelt, you build it up a little bit, but you didn't have to do a long stretch before or after. He actually felt that it was detrimental, so he didn't really, as far as I can tell from talking to him.

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

Michael: Why should someone exercise with two limbs when they can exercise with four and setting up these duets? Explain that whole concept?

Neil: As I understood it from talking to Len, and probably better explained in his books than I can explain it here, the idea is that one sets up a communication between the muscles and the heart and these duets, this two-way communication where the heart supplies what it needs to based on the feedback from the muscles – he would say for example, the classic thing where people, even if they're in quite good condition, they go out in the winter to shovel their driveway and they pass out or have a heart attack, and he would say that the reason for that is because they weren't used to having both the arms and the legs working together. The heart wasn't used to that feedback loop, and so the whole idea of Heavy Hands is you create the feedback loop between those different muscle groups in the lower extremities and the upper extremities back to the heart.

Michael: I can understand that maybe someone who has trained legs and they go out and shovel snow and their heart isn't trained, what is that feedback loop? What does that mean?

Neil: Here's the thing: What you'll see, and I think this is one of the things he objected to about certain gym work, again, as far as I understand from talking to him, people will routinely work their arm, work their legs, but they won't necessarily demand strength of them and stamina together. So when you take an activity like shoveling snow or digging a garden – but take shoveling snow. Look at the movement of shoveling snow. You set your legs, you drop down, you pick up a weight, you move it across, and you do it again. The problem is not that people may not have strong arms, strong legs – they may even have considerable stamina – but their body and heart is not used to all that system working together, those communication loops of that combined effort has not been, I suppose, neurologically formed in a way the heart can handle it. So the heart says – according to Len – oh my goodness, look what's happening, this is terrible, and it says "Okay, stop that," and it's overloaded. His notion was that by exercising four limbs all the time, you're constantly reinforcing and improving those neural musculoskeletal communication networks between the heart and other parts of the body. That's my understanding of it, energy.

Michael: Now, what's your view of the energy burned doing Heavy Hands properly, by using four limbs instead of two? Can you talk about the muscle of the arm? Do you know anything about the research, how a piece of muscle out of the arm can burn even more energy than a piece of muscle out of the thigh? Do you remember him saying that in the book?

Neil: He's talked about that. I mean, Len was very careful. There's so many things I admired about him, but one of the things is he liked to back his books by research, and my understanding is he spent something upwards of \$750,000 of his own money establishing whether some of the things which he believed to be true were true, and to verify them by tests that the University of Pittsburgh, which had quite a sophisticated sports physiology, and so that's one of the pieces that I believe flowed from his research, and so that's one element of it but I think there's even more to it than that. I think by working as a unit synergistically – he uses energy and oxygen measurements – there's much, much more. There's a huge difference between walking and Heavy Hands in terms of energy usage. It's enormous. If you combine it with the cadences and the verticality – this is one of those things which was very important to Len and it's in the books – if you're walking with Heavy Hands and you're moving that weight through 12", that's one thing. If you move it through 24", that's a whole different animal. If you start doing double ski poling type movement, which is in one of his books, where you're coming above your head, you're bending down with your knees and sweeping past and back, that enormous combination of up and down movement is an enormous exercise difference and he would measure that in the gym, He wanted to see what that meant, and I think it was the VO2 max numbers, his own, they were approaching that of an Olympic cross country skier. It was incredible, just extraordinary, and Len wasn't an exceptional physical specimen, as far as I'm aware. He was a pretty ordinary dude in terms of his physicality, and that's something I admired. So many exercise programs that one sees, there's a 20-something man or woman who holds a piece of exercise equipment, tells you that the way they look is the result of that exercise equipment, doesn't tell you about all the other things you have to do to look like that, and then tries to sell you on the idea that at 40, 50, or 60 years of age, 3 times a week for 15 minutes, you can look like that. By contrast, you've got Len, who starts when he's approaching 50 and continues on through his 50s, 60s, and 70s, an absolute phenomenal physical specimen and continues to get stronger on every measure. That man, he lived his methodologies. He really did.

Michael: Tell us his story about the two hours of double ski poling. Describe what that is.

Neil: So, double ski poling is a move that's described in the books, but if one can imagine the pushing movement that a cross country skier does. Sometimes they'll do it before they do a downhill section where they lift their ski poles and push them back, but if you can imagine that but with two Heavy Hand weights where you're lifting your arms above your head, you're bending your knees, you're normally got one foot in front of the other slightly, and as you squat down, you sweep your arms down past. That's a double ski pole. I'm very careful whenever I do Heavy Hands with people, and I introduce them to

that. I say take that very slowly. I won't even let them do that initially because it's much more strenuous than people think, even with light weights. It's one of the more difficult movements of Heavy Hands. I asked Len once about endurance and levels of endurance, and he said "I kind of lost my interest in how far I can do that." I said, "Why, what do you mean?" He was using 7 pound weights. He said, "I did double ski poling for 2.5 hours and after that I felt I'd tested my levels of endurance." Just to put that in context, that's like a marathon runner taking 7 pound weights and using that movement through the whole of a marathon run. I've done double ski poling for a few circuits, but it staggers me. He was not a huge guy.

Michael: No, he was a little guy.

Neil: He was a little guy but immensely strong, and this is one of the things I liked about Len. He was so practical, like "What's the point of me testing it any further? When am I ever going to need to do more than that?" Fair enough.

Michael: There's a quote in his book about how he ate like "a young colt." Did he talk about how he ate and what was his view on diet that you knew from the conversations you had?

Neil: Well, Len liked to eat and he preferred to eat than to diet, and he preferred to control his weight through exercise. So many people will say to you, you can't do that because you can't exercise enough to be able to do that, and of course if you're talking about many conventional exercises, there's truth to that. But when you're using the Heavy Hands approach, you can burn a tremendous amount of calories, but I think one of the most interesting, intelligent things I've ever read on diet occurs on I think chapter 15 of his book, it's called "Fat: Facts and Fallacy," and what he basically says – I think this comes from his view as a psychiatrist or working with people's minds – he says that people, they go through tremendous deprivation, starve themselves almost, through diet so they can attain a certain weight. Everything works at first, but when they get there, it doesn't seem worth it, and so psychologically this is a very hard thing to maintain. By contrast, if you're enjoying yourself through exercising and eating both for health and pleasure, then the considerations of dieting just go away, and I've personally found this to be true and I've seen it replicated in other people. I think everybody would do well, regardless of whether you're interested in Heavy Hands or not, to read that chapter of his book if you can get a hold of his book these days, because it's a really good examination of the relationship between emotions and exercise and food, and that was very insightful and it's been very helpful for me and others I know.

Michael: Do you remember the charts in the back of the very first book that gives you all the calorie consumption for all the different Heavy Hand movements?

Neil: Yes, I think that was the appendix for calories or something like that. That was very interesting. As far as I can tell based on research, and he was very careful with that type of stuff, it's extraordinary.

Michael: He never reproduced that in the following books and I was wondering if you had any idea why that might be.

Neil: I asked him about things like that and he basically felt that some of the technical information would overwhelm people. He was all about doing whatever was necessary to encourage people to actually do it. He wanted to know for himself and he wanted to make it available, but he felt that it wasn't necessarily helping people go out and do it. I don't know if I agree with him completely on that. I've found so many of those things helpful. My suspicion is – I know from speaking to members of his family that Len left many, many papers. He left boxes of videos. He'd come up with a new exercise method or insight and record it, and I think 95% of those have never seen the light of day, so goodness knows what else was ploughed from that very inventive and fertile mind.

Michael: Was he marketing and selling those Panex machines?

Neil: No, I think actually three of those machines were created to my knowledge.

Michael: Did he have them made by a company?

Neil: I think he did. He had them made by somebody. I think a couple of times in business, Leonard had been taken advantage of and he found it in the latter part of his life very difficult to trust anybody, and so he was constantly looking for a liaison and partnership with many people, but he wasn't primarily a businessman and he didn't form good relationships. I think a few of his isotometrics, Heavy Hand gloves, Panex and some other things as well, I think he couldn't find a good business partnership to get these things promoted and out to the world.

Michael: So were the weighted gloves – was that after the handles were developed?

Neil: I believe they were, but again, on that one, I think people have sometimes come a little bit too far. My understanding, from talking to Len, were these were only to be used for very light weights and mostly because one of his favorite exercises was shadowboxing. I don't think Len intended to have a pair of gloves weighing 6 pounds or 7 pounds, but I think a pound, a couple of pounds, for those very quick, rapid shadowboxing movements, which I have to say, from talking to him, formed the core of what he did in the latter years of his life. He would spend 10- or 15 minutes of doing short sets of Heavy Hands boxing, sometimes almost dance movements as well. He liked putting on various pieces of music and listening to them and making random movements, and I think it was for that it was developed. It wasn't really a replacement for Heavy Hands. It was specific to that.

Michael: I see. There's weighted gloves out there on the marketplace, but I wonder if he was a pioneer by weighting a glove. Do you know if there was stuff out there at the time?

Neil: I think he had a patent for at least two designs of weighted gloves. I looked into these a while ago and I don't think there was anything like that before. In concept, it's fairly

simple but for Len, it's not just about the equipment. It's about how you're using the equipment and what's the intention behind it. If you've got gloves that weigh 20 pounds and you're just walking around with them, all you're going to get is long arms. You're not going to get any exercise benefit, but if you've got something which is a pound or a pound and a half or two maybe, and you're doing all the movements that he recommends and why you're doing them, so it's not just about the equipment. It's about the intelligent use of it and unfortunately, still to this day, we would talk about this – I see people with small weights. I see them moving around. I don't see them making Heavy Hand movements. One time I demonstrated to somebody about half a dozen movements, and it was like, it looks different, you do attract some attention to yourself if you do these crossovers and body sways and various movements that are described, but you can do them in the privacy of your own home or a private area, but it's a very freeing form of exercise. For me, very interesting. There's always something else to do and somewhere else to go.

Michael: It is. I heard one rumor – I don't know where I read it or heard about it – I think it was actually a call I had with someone who knew him personally and lived in the same area of Pennsylvania that he was from, and he told me that Schwartz, will all the boxing of the light weights, could punch as fast or faster than Sugar Ray Leonard with one pound weights in his hand.

Neil: I hadn't heard that but it wouldn't surprise me at all. Len was very, very modest about his physical capabilities and developments, although his daughter – I think it was Jodie Linda – told me that going to a beach with him was quite interesting because he quite liked the effect he would create, because he's an older guy and he would take his shirt off, and people would literally go around like, "Hey, granddad, you look great," and he liked that attention apparently. As reclusive as he was, he quite liked that attention because he was a living example of it. One of the things about that, you see, and this comes right back to – Len's methods and his life just blows away all your conceptions of what people are capable of doing. I actually believe that if people were to adopt some of his methods, we might see sporting careers where people were going regularly into their forties and beyond, and that wouldn't be anything – literally, you can take Len alone when he was in his seventies to a Marine camp for those young 20-year-olds and he would outdo everything they can do and more.

Michael: And it's proof that your musculature can serve you all the way until your end days. You're absolutely right.

Neil: Absolutely, as long as you're not – because if one goes along and hangs around any gym and you hang around the weight room for a period of time, you'll find that any person who'd been pumping iron for periods of time has got horrendous injuries; knees and arms and shoulders and elbows and there's so many things they can't do, so it's not just a question of pumping iron and working out with weights alone. It's how you're

doing the whole thing, and that was the promise of Heavy Hands, the fact that he could do this from his fifties to his eighties and still be a physical marvel.

Michael: Did you ever study any of the research of the advantages other than the duets and the increase in energy burn by working out simultaneously with four limbs rather than two?

Neil: Well, the only things I know of are really the studies to do with Nordic skiers. They are known as having some of the highest oxygen delivery rates of any athletes anywhere, and I don't know of too many other athletic endeavors in which that is done on a regular basis, and so I'm not sure where the studies would come from. IF you take swimming – although then you've got that gravity cheating which, even though all limbs are being worked, is not exactly the same – if you take other activities like soccer, football, rugby, you haven't got that element of being exercised constantly. Can you think of one other than Nordic skiing?

Michael: No, maybe the rowing.

Neil: Rowing would be close, and Len did like to row. That would be a close one. The trouble is the gravity element because one's pushing and pulling against the resistance of the water and the body is in a recumbent reclined position, so you haven't got the same advantages of verticality that you see in Nordic skiing.

Michael: But there is an element in Heavy Hands that is present, and that's momentum, so you are walking with the weights and you are swinging the weights, so we're actually not lifting dead weight.

Neil: Right. If I may say that one isn't swinging the weight, one of the worst things I see people do is swinging the weight. You're moving the weight.

Michael: You are moving it.

Neil: And that's one of the other things. He didn't like people moving weights; apart from the fact that you might hit somebody with that, but it was the fact that he liked that it's a controlled movement. You're feeling that movement through the whole arc and plane and everything, and that movement's very, very controlled and I think that's really important because it's strengthening stabilizing musculatures. It's so remarkable to me that such a sophisticated exercise comes from such a simple –

Michael: It's so easy, isn't it? That's the great thing about it.

Neil: And that's one of the things I like, because I know if I talk about Heavy Hands exercise to somebody who is rather overweight and hasn't exercised for a long time, assuming that you explain to them that you can't start too heavy or too quickly, they can do it without hurting themselves, and I can tell the same thing to an elite athlete and they can benefit from it. Think if you're asking somebody who's 60 pounds overweight to begin a running program. Well, you have to be so careful that they don't injure themselves, they

have to be taught how to make the movements, or even if you ask them to go to the gym, somebody has to teach them how to use the machines or free weights, whatever it might be. With Heavy Hands, if they start with light weights and make very simple movements, they can begin so it doesn't matter where you are. There's a place for you to begin. I don't think there's an athlete in the world right now – that's a bold statement – right now, if you ask them to do 2.5 hours of double ski poling with 7 pound weights, there isn't an athlete that can do that. I don't care where they came from.

Michael: Because their arms aren't trained, their body isn't trained for that long, continued strength exercise.

Neil: He has a marvelous example he gave me one time. He had a young person he was with – I think this could be Florida but I think it was Pittsburgh – and he wanted to follow Len around, so he gave him some weights and said "Follow me," and he gave him very light weights, 1 pound or 2 pounds, which is what you're supposed to start with. This was a very fit young man. He said, "Oh no, we need some heavier ones." And he followed Len and then Len didn't hear him and he turned around and he found he'd collapsed. He actually collapsed and he had to sort of revive him and follow him, and if you want to move \$5 at the gym, go along and all the gym guys will look at your 1 pound weights and they'll say, "I can do that with like 8 pounds, 10 pounds," and you say, "Yeah, take a 10 pound weight and here's \$5 that says you can keep it up for 5 minutes," and in about 35 seconds, they're done. You have to build it up, but the beauty of it is you know you can recommend an exercise method that anybody can do, any age from the youngest to old, without hurting themselves.

Michael: And the thing is when you build it up – it may take 6-8 weeks, maybe 12 weeks – but once you build it up and you get your upper body and your arms and your legs and they become proficient at burning oxygen, you have built yourself a little fat burning furnace so you can go out and walk for 30 minutes, 40 minutes, using all four of your limbs and I'm not saying you can eat anything you want, but you don't have to diet. As long as you watch it, you can eat a good amount of food and enjoy what you're eating, and control your weight.

Neil: Yeah. I remember speaking to a gentleman who was older than me. He was from England, actually, and he was a big Heavy Hander and he spoke to Len as well, and he told me he woke up that morning and he'd done a little bit of gardening with his wife, and then they decided to go out and take a hike – they were in the northern part of England where there are some hills – and they took a good old hike and came back and they had kind of a late lunch and they sat there, and they were discussing, "Why do we do this Heavy Hand stuff?" They realized so they could do that, so that they basically could have an enjoyable day doing physical activity, enjoying the world and their own physicality, and not feel completely drained and exhausted at the end of it, and it was easy, and that was the lifestyle payoff and it all came about through hand weights and a funny looking book and a funny guy. Brilliant. It's genius. I'm so glad that you've taken

up the banner because I actually believe that if there's any justice in history that Len Schwartz will be viewed as one of the real pioneers of exercise and I don't think he gets the recognition at all that he deserves.

Michael: I agree. For the listeners listening to this, why don't you tell the listeners what you do, so anyone listening to this, if they're interested in what you offer, maybe we can leave some contact information if they need some help. How does what you do help someone in their efforts to drop weight?

Neil: Okay. So, first of all, I'm a hypnosis practitioner, and most of my practice is to do with people who are suffering from chronic illness. I also do some other things like painless childbirth, but I also have weight loss programs using hypnosis and my weight loss programs feature two key elements. Number one, people don't have to diet, which might sound surprising but they really don't. They just have to follow four very simple rules and these are reinforced hypnotically, so no diets required and people lose weight, or what I should say more accurately is that they return to their ideal healthiest weight and they develop a much better relationship with food and nutrition. And people are always asking me, "What do you say about exercise?" I say to them I don't claim to be an expert in exercise, but let me point you to some information, and I always point them to Heavy Hands for the same reasons that I've previously described, and people that do it, love it. The only difficulty being in recent years is two big problems. A, it became increasingly more difficult to get the weights, which is something that you're addressing and I'm so glad you did, and you made an improvement on the handle structure, which is fantastic. This is the other thing and this is one of the things where I hope maybe something can be done; I think both of Len's books now are out of print. Is that correct?

Michael: They are out of print. You can find used copies up on Amazon.

Neil: You can, and every so often I go on Amazon and other places and I buy them up and give them to people, but my copies are now very treasured.

Michael: They're getting more rare.

Neil: They are, and of course when I show people this and they do it and they're really happy with this, because when they're coming to visit me and I work with them on the program – I work on weight loss and they're thinking, do they want to go to the gym or where should they do it or what do they have to do? They have the same very negative associations with physical movement that they often have with food and dieting, and so this is something very liberating for them, and I show them Heavy Hands and a little demonstration of some of the movements and point them to the books, and I'm not saying that everybody does it, but for the people that do, they love it.

Michael: That's wonderful. Well, I really appreciate you sharing these stories with me and I know the listeners who want to know what Len was really like and some of these stories, I think they're going to find this a valuable and insightful interview, so thank you for that.

Neil: It's absolutely my pleasure and for all you guys out there, just pick up the weights, pick up the material, start doing it. You'll love it.

Michael: Very good. Thank you so much. Have a great rest of the day.

Neil: Same to you.

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.

Copyright Notices

Copyright © MMVII - © MMXV by JS&M Sales & Marketing Inc

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the Publisher. Requests for permission or further information should be addressed to the Publishers.

Published by:

Michael Senoff : President
JS&M Sales & Marketing Inc.
4978 Gaylord Drive
San Diego, CA 92117
858-692-9461 Office

senoff.michael@gmail.com
<http://www.WeightedHands.com>

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

This publication is not intended for use as a source of legal or accounting advice. The Publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular situation or application of this information.

The purchaser or reader of this publication assumes complete and total responsibility for the use of these materials and information. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials, or the application or non-application of the information

contained herein. We do not guarantee any results you may or may not experience as a result of following the recommendations or suggestions contained herein. You must test everything for yourself.

Any perceived slights of specific people or organizations is unintentional.

AMAZING RESULTS in less time and all you have to do is walk with Weighted Hands.

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

Gear Designed To Fit Your Old HeavyHands Equipment

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>