

WEIGHTED HANDS®

RAPID WEIGHT LOSS SYSTEM

Audio Interview Series

How to Use WeightedHands As Your Go-To Workout After Injury Or Even Arthritis

This Man's Been Doing Heavy Hands For More Than 25 Years

Terry started doing Heavy Hands back in 1978 when he developed arthritis in his two big toe joints and couldn't run anymore. He was frustrated because no other workout was helping him keep the weight off like cross-country running. Then he saw Dr. Schwartz's book at the store and thought he'd give it a shot.

He immediately noticed muscle definition in his legs and arms similar to what he had when he was running, and he hasn't looked back. And in this audio, you'll hear how easy it is to incorporate Heavy Hands into your fitness routine even after injury or arthritis, and what it's like to do the Heavy Hand workout for more than 25 years.

You'll Also Hear...

- Exactly what Terry noticed when he quit doing Weighted Hands during the winter months because of the cold – and what he does now to keep Weighted Hands a part of his year-round routine
- A quick look at Terry's modified workouts: how he incorporates Weighted Hands into his running now along with other exercises he does too
- Exactly how long you need to work out before you see results
- Clear and straightforward advice for anyone starting out

Terry says the increased calorie burn of the Weighted Hands workout has been the only thing remotely similar to the results he got running long distances – but without the strain on his feet or the drive to the gym. And in this audio, you'll hear all about it.

Michael: Hi. It's Michael Senoff here and I'm the founder and developer of www.WeightedHands.com. I'm a busy professional, a husband, and a father of two young boys. I started making and using Weighted Hands because I wanted a way to

burn a ton of calories in as little time as possible, but I didn't want to get injured doing it. I wanted to eat whatever I wanted without feeling hungry or deprived, and I wanted to be able to maintain my weight. I wanted a low impact workout so I could save my knees for later, a workout that required no 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.

Terry: Hello?

Michael: Hey, Terry, it's Mike Senoff, the guy with the Heavy Hand weights. How are you?

Terry: Fine, Mike. How are you?

Michael: I'm doing good. How'd your workout go yesterday?

Terry: It was in the snow, about 3" deep, very intense, up and down the hills, and I did some Heavy Hands and double ski pole and other stuff I came up with.

Michael: Were you walking through the snow? Did you have snow boots on?

Terry: Yeah, I had snow boots on. I'm walking on Cemetery Rd so it's all up and downhill, and what's nice about it, it's very aerobic, very, very difficult.

Michael: Absolutely. Can we do a little 5-minute recording about your story?

Terry: Sure.

Michael: Okay. So, give me before Terry learned about Heavy Hands. What were you doing exercise-wise, if anything?

Terry: Prior to taking up Heavy Hands, I was a runner but then I developed arthritis in my two big toe joints, so that put an end to that.

Michael: How long ago was this, like what year, and how much running were you doing?

Terry: Well, this was between '74 to '77.

Michael: And what kind of running were you doing?

Terry: More or less cross country.

Michael: And so what occurred?

Terry: I developed arthritis in my two big toe joints.

Michael: And then what happened?

Terry: That put an end to running and I searched around, looking for various ways to keep fit. I looked at weight training, I looked at walking, and then by accident, at a bookstore, I saw Dr. Schwartz's Heavy Hand book. I immediately identified with what he was saying and I said this is the way to go for me, so I took it up early '78, I think.

Michael: Had you tried walking to get your heart rate up, or weightlifting, anything before you started the Heavy Hands, after your toe injury?

Terry: I tried and it wasn't very satisfactory. I didn't feel I was getting the results that I had with running.

Michael: And what kind of results were you looking for by running?

Terry: Mainly for weight control and fitness, like to run up and down hills. I wasn't getting it with the modified routines I was trying with walking, because I couldn't walk real fast because of the arthritis in my toes, so I had to go at more of a sedentary rate.

Michael: Did running keep the weight off?

Terry: Yeah, running worked real well.

Michael: So when you stopped running, did you put the weight on?

Terry: I started to, yes.

Michael: Okay, so you're looking for something – you knew you needed to increase your cardio –

Terry: I was looking for something to increase my calorie burn and also keep me as fit as I was when I was a runner.

Michael: Okay, so you bought the book and did you go out and find some Heavy Hands?

Terry: I bought the book and I think the first thing I experimented with was like 3 and 5 pound dumbbells because I wanted to try what he was saying before I invested any money in equipment, and that didn't last very long, so then I started with 3 pound Heavy Hands because I was using 5 pound dumbbells, so I thought, well, I'll just start with 3 pounders then. Eventually I acquired 1-7. I kind of locked in at 5 because I couldn't really handle the 6 or 7 pounders.

Michael: What were you doing with 5 pounds in each hand?

Terry: Just walking and pumping.

Michael: Now can you explain the different levels of pumps?

Terry: You kind of start at level 1, which is 1' from your waist to 1' up. I kind of settled about from my waist up to probably around my shoulder blades, maybe just a little over because in that time frame, there was still some reluctance on my part because of the routine in Dr. Schwartz's book.

Michael: He had a lot of pretty funky movements in the book.

Terry: Well, now that I look back at it, I'm thinking, gosh, was I stupid. I should have tried this years ago, the double ski pole; I thought I'm never going to do that so I let that go for 30 years before I tried it again.

Michael: So, when you were a runner, what kind of body did you have? Were you thin? Did you have muscle on upper body?

Terry: I was never really what you'd call muscular. I was probably around 170 pounds.

Michael: And so when you started walking with the Heavy Hands at first, pumping to level 2, how often were you doing the workout?

Terry: I would go daily.

Michael: Every day?

Terry: Yeah.

Michael: A couple miles?

Terry: I went more for minutes than I did for miles.

Michael: What does that mean?

Terry: I would try to go like anywhere between 30 and 45 minutes.

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

Michael: That's significant. How did it feel compared to running?

Terry: It took some getting used to, but when I started to notice the muscle definition in my leg and the muscle definition in my arms, then it was like this is probably the way to go.

Michael: Did you have any fears about wrist pain, joint pain? Did you experience any of that?

Terry: No, no fears at all about that. I tell you, the only fear I had was people letting their dogs loose and the dogs seem to be threatened by the Heavy Hands.

Michael: I have found that dogs go crazy when you walk by with those Heavy Hands.

Terry: Even today, I will stop, put the Heavy Hands in the hand behind my back, and extend a hand for the dog to smell me.

Michael: Isn't it hilarious?

Terry: It's like I'm waving a red flag in front of a bull.

Michael: That's funny. So, since '78 – this has been going on a long time. How do your toes feel now?

Terry: They're not any worse than what they were. I started running this past year, maybe 100 yards at a time, pumping 3 pound weights.

Michael: And it's feeling pretty good?

Terry: Yeah, I'm not out of breath, my toes feel good. I stop at 100 yards because I don't want to unduly damage the toe joints.

Michael: I gotcha. That's excellent. So, what would you tell someone who's considering trying these silly things that look silly, what would you tell them they can expect?

Terry: I would tell them start slow, start light, and keep at it, and you can expect to see changes probably within 3 weeks.

Michael: That's excellent. Look, this has been great. It's just some testimonial from someone who's been doing Heavy Hands for over 25 years. Have you been consistent with it all these years?

Terry: Funny you mentioned that. Probably from 2004 to about 2010, I quit doing it during the winter months because I didn't feel like going out in the cold and stuff, and don't ask me why. Three months of winter, I quit doing it. Skipping those three months, I would find that my fitness deteriorated a bit, the weight would creep up, and I had a treadmill but walking inside on a treadmill pumping weights was so boring, I couldn't stand it. I didn't do anything for like 3 months for maybe 7 years for every winter time. I got all kinds of problems with diabetes and my weight crept up. I was up to 227 at one time. Now I'm back down to 184.

Michael: So doing the Heavy Hands really takes the weight off?

Terry: I've been sticking with it in the winter time, walking all winter long. This winter, we've had just a hellacious winter as everybody can imagine, and the cemetery roads were too icy to walk on so then I had to come inside and use my treadmill, and I was up to like 35, 40 minutes.

Michael: For someone who has a treadmill and they maybe walk or run on their treadmill or walk on an incline indoors, what would you tell them the difference is, walking with Heavy Hands compared to being on a treadmill or stationary bike or some of these traditional indoor gym equipment?

Terry: I don't have any personal use for the treadmills just walking or the bicycles, whatever. I find this to be so satisfactory that I feel even though I'm only using 3 pounders, I'm very strong on my upper body and for the amount of time, my pulse rate averages between 55 and 60.

Michael: That's phenomenal. When the snow lets up and if it's nice outside, isn't it nice to just walk out your door, grab your Heavy Hands, you don't have to drive to the gym, none of that stuff?

Terry: I don't have to drive to the gym, I don't have to drive to a local park. I can walk out my front door, walk down to the cemetery, and I'm there. It's all hills, and you can't beat hills.

Michael: Do you listen to music or recordings –

Terry: No, no, no. When I'm walking, I want to pay attention to what's going on around me.

Michael: Very good. Well, are you excited about your new ergonomic grips?

Terry: Yeah, I'm looking forward to getting them and using them and I'll give you some feedback on them.

Michael: Please do. I made them small and I tried them on. I've got pretty small hands myself. They're nice and snug. If they're too tight, let me know, and you've got a larger, longer pair.

Terry: What I'll probably be using is the larger pair because we're still in winter here.

Michael: Okay, and there's some stretch to it just like the other Heavy Hands, so they'll pull a little bit, and just let me know how they fit, and if you need me to readjust, just give me a heads up.

Terry: All right, I'll do that.

Michael: All right, I'm going to edit this little recording and I'm going to do a whole series of them, so once I start collecting these, I clean them up and I'll have little play buttons – I'll put it up there and you may enjoy hearing some of the other stories, some of the other guys who have been doing –

Terry: That's what I was doing when I first found you. I was looking for stuff on Heavy Hands, like the replacement handles, because the other ones from AMF and the others of that

design, the foam rips too easy, and it was like I'm looking for somebody that's going to figure out a way to put a handle on there without it ripping.

Michael: There you go. Well, this thing isn't going to rip. It's rubber.

Terry: Good. Good.

Michael: You'll like it.

Terry: I'm looking forward to getting it. Next week, we're supposed to have some lows below zero and things like that, but during the day I walk and I don't suffer the limitations of a jogger.

Michael: Are you married?

Terry: Yes, I am.

Michael: If you can get your wife to take a picture of you holding your Heavy Hands and send it to me, I'd love to have it. I'll put it up there.

Terry: All right. I'll get one tomorrow.

Michael: All right, and you have your Heavy Hands in your hand and send it over to me.

Terry: Okay, I'll do that.

Michael: Okay, thanks, Terry. Have a great day.

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

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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>