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"My only competition is plastic surgery!"
--Cotton Pickney

Super Callanmetrics



Callan Pinckney
Pilates
Fitness, Inc.

Super Callanetics

Daniela Niemeyer



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Super Callanetics Callan Pinckney, 2014-09-22 Designed for those who are fit or have mastered the original programme this is a follow up to Callanetics Countdown and Callanetics for Your Back It offers an advanced class in the deep muscle exercise techniques In this workout just one advanced stomach movement is equivalent to 20 movements of the original and there are new exercises variations and routines The daily routine is explained by means of step by step instructions and photographs

Super Callanetics Callan Pinckney, 2015-05-28 SUPER CALLANETICS The next step to a perfect figure For the flattest stomach the tightest behind and the firmest arms and legs imaginable SUPER CALLANETICS is for you This is the unique advanced exercise programme of deep muscle toning exercises from the bestselling author of Callanetics guaranteed to give you the body you ve always wanted in only minutes a day In this new workout just one advanced exercise is 20 times as effective as an original Callanetics exercise

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Super Callanetics MCA Home Video, 1988 Callanetics was only the beginning This supercharged follow up to the original best selling exercise video offers an advanced class in the revolutionary deep muscle exercise technique which can make anyone look ten years younger in just ten hours Designed for those who have mastered the original program Super Callanetics features Callanetics originator Callan Pinckney personally instructing viewers in new unique movements that challenge your body without stressing it In this new workout just one advanced stomach or behind motion is equivalent to 20 motions from the original Precise demonstration of these new movements is followed by an entire uninterrupted class So take the next step to a more perfect body with Super Callanetics

Super Callanetics (videorecording). Marjorie Clarke, 1988

Complete Callanetics Callan Pinckney, 1995

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Mademoiselle, 1989

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