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

# Super Callanmetrics



Callan Pinckney  
Pilates  
Fitness, Inc.

# Super Callanetics

**Xiang Xie**



## **Super Callanetics:**

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*Super Callanetics* (videorecording). Marjorie Clarke, 1988 *Complete Callanetics* Callan Pinckney, 1995 *Complete Callanetics* Callan Pinckney, 2014-12 The original one hour Callanetics programme is the subject of the world renowned CALLANETICS book This safe effective no impact exercise routine works deeply on all your muscles and has a truly dramatic effect on your figure producing spectacular results within hours Once you have mastered the basic callanetics programme you can move on to the more advanced exercises in SUPER CALLANETICS These advanced exercises are twenty times as effective as the exercises in the basic routine Now for the first time these two books appear together in one volume providing the complete Callanetics programme

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