

Keep looking 10 years younger with the advanced version of the deep-muscle exercise that gives you a perfect figure -- even faster!

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

# Super Callanmetrics



Callan Pinckney  
Pilates  
Instructor

# Super Callanetics

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## **Super Callanetics:**

*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

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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 *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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