

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

Mike Jess



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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

Mademoiselle ,1989 Billboard ,1994-07-30 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital

and mobile entertainment issues and trends **Bowker's Complete Video Directory** ,2000 Billboard ,1992-06-13 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Video Hound's Golden Movie Retriever, 1991** David J Weiner,Thomson Gale,1991 Working Woman ,1993 Glamour ,1990 McCall's ,1992 **The Publishers Weekly** ,1995 *Red Book* ,1993 The magazine for young adults varies **Health** ,1990 Video Source Book Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Billboard** ,1992-06-27 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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