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

# Super Callanmetrics



Callan Pinckney  
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# Super Callanetics

**Callan Pinckney**



## **Super Callanetics:**

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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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