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Callanetics: 10 Years Younger in 10 Hours Hardcover – August 1, 1989. by. Callan Pinckney (Author) › Visit Amazon's Callan Pinckney Page. Find all the books, read about the author, and more. See search results for this

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The secret of the Callanetics technique goes straight to the foundations of an exciting figure. By activating the body's deepest muscles, Callanetics produce...

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Release Date: 2004 (originally on VHS in 1986) Region: 0 (Worldwide) Now you can actually look ten years younger in ten hours. Callan Pinckney, author of the revolutionary best-

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selling book Callanetics (a perennial New York Times Best-Seller), personally demonstrates her innovative deep muscle exercise technique that can literally shed years off your figure in hours without putting pressure on your back.

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Callanetics: 10 Years Younger in 10 Hours is a video of how

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to do deep muscle exercise to look younger and be in better shape in ten hours of working out. This show demonstrates the entire workout by the developer. Each exercise is demonstrated and done the number of repetitions needed in order to complete the course of the exercise.

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Recommended Schedules 10 Years Younger in 10 Hours. By following Callan ' s original 50 min workout for 12 workouts (10 hours total), spread... Callanetics Countdown - 30 DAYS. THIS IS YOUR 30-DAY PROGRAM designed to get your body in great shape, quickly and... 4-WEEK Maintenance Plan. Welcome to our ...

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Callanetics: 10 Years Younger In 10 Hours: VHS/Betamax: MCA: November 4, 1986: Callan Productions Corp. 80429 / BTA80429: 1993 Callanetics: 10 Years Younger In 10 Hours: LaserDisc: MCA Universal: January 27, 1993: Callan Productions Corp. 40429: 1988 Super Callanetics: VHS/Betamax: MCA Universal: October 6, 1988: Callan Productions Corp. 80809 / BTA80809: 1989

~~Callanetics—Wikipedia~~

Callanetics - 10 Years Younger in 10 Hours! Callanetics. December 15, 2018 · The original Callanetics 'Hip and Behind' exercise. We believe it ' s the best in the business! As Callan said: “ I had to fight the temptation to call this

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exercise “ Gone with the Goosh ” because that is exactly what happens when you do this exercise. ”

~~Callanetics - Callanetics - 10 Years Younger in 10 Hours ...~~

Callanetics: 10 Years Younger in 10 Hours. Callan Pinckney, Sallie Batson. W. Morrow, 1984 - Health & Fitness - 207 pages. 1 Review. The author's twelve-years of research and teaching have resulted in a full program of deep-muscle exercises that requires only one or two hours a week and is augmented by a minimum maintenance program.

~~Callanetics: 10 Years Younger in 10 Hours - Callan ...~~

Callanetics 10 Years Younger in 10 Hours. This exercise program is the most effective I've ever done. The promises

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of quick results are true. If you are really out of shape and haven't exercised for a long time--you will be surprised at how quickly you will gain strength and endurance without bulk.

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published in 1984 by W. Morrow in New York. Classifications Dewey Decimal Class 646.7/5 Library of Congress RA781 .P575 1984 The Physical Object Pagination 207 p. : Number of pages 207 ID Numbers Open Library OL2844533M ...

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This book is comprehensive & could work as a stand-alone

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Callanetics resource. The 10 years younger dvd (the counterpart to this book) gives good visuals of the nuances of the movements with Callan teaching every-day students. (The book is more comprehensive--the video augments the book.)

~~Amazon.com: Customer reviews: Callanetics: 10 Years ...~~
Callanetics: 10 Years Younger in 10 Hours. The original workout! Now you can actually look ten years younger in ten hours. Callan Pinckney, author of the revolutionary best-selling exercise book Callanetics, personally demonstrates her innovative deep muscle exercise technique that can literally shed years off your figure in hours without putting pressure on your back.

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Callan Pinckney was an American fitness professional who created and popularized as well as excelled in the Callanetics exercises. Pinckney's nine books became international best-sellers and the video series that followed sold over 6 million copies. Pinckney's first video release, "Callanetics: 10 Years Younger In 10 Hours", outsold every other fitness video in the US. Within three years it had become the all-time individual best-selling fitness video.

~~Callan Pinckney - Wikipedia~~

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