

Super Callanetics

From classroom aids to corporate training programs, technical resources to self-help guides, children's features to documentaries, theatrical releases to straight-to-video movies, The Video Source Book continues its comprehensive coverage of the wide universe of video offerings with more than 130,000 complete program listings, encompassing more than 160,000 videos. All listings are arranged alphabetically by title. Each entry provides a description of the program and information on obtaining the title. Six indexes -- alternate title, subject, credits, awards, special formats and program distributors -- help speed research.

Super CallaneticsThe Advanced Exercise ProgrammeVintage

SUPER CALLANETICS - The next step to a perfect figure! For the flattest stomach, the tightest behind and the firmest arms and legs imaginable, SUPER CALLANETICS is for you! This is the unique, advanced exercise programme of deep muscle toning exercises from the bestselling author of Callanetics, guaranteed to give you the body you've always wanted in only minutes a day. In this new workout, just one advanced exercise is 20 times as effective as an original Callanetics exercise.

Beschrijving in woord en beeld van lichamelijke oefeningen volgens het callanetics systeem.

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.

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.

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.

"The magazine for young adults" (varies).

Reels for 1973- include Time index, 1973-

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.

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.

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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