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activating the  
body's deepest  
muscles,  
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(originally on VHS  
in 1986) Region: 0

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Pinckney, author of  
the revolutionary  
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perennial New York  
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personally  
demonstrates her  
innovative deep

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muscle exercise  
technique that can  
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10 Hours is a video  
of how 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.  
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demonstrated and  
done the number  
of repetitions  
needed in order to  
complete the  
course of the  
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Recommended  
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Younger in 10  
Hours. By following  
Callan's original 50  
min workout for 12  
workouts (10 hours  
total), spread...

Callanetics

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PROGRAM

designed to get  
your body in great  
shape, quickly

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Years Younger  
and... 4-WEEK  
Maintenance Plan.  
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10 Hours:  
VHS/Betamax:  
MCA: November 4,  
1986: Callan  
Productions Corp.  
80429 / BTA80429:  
1993 Callanetics:

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LaserDisc: MCA

Universal: January  
27, 1993: Callan  
Productions Corp.

40429: 1988 Super  
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6, 1988: Callan  
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Callan said: "I had to fight the temptation to call this exercise "Gone with the Goosh" because that is exactly what happens when you do this exercise."

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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

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that requires only  
one or two hours a  
week and is  
augmented by a  
minimum  
maintenance  
program.

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exercise program  
is the most  
effective I've ever  
done. The promises  
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

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off your figure in  
10 hours without  
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your back.

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was an American  
fitness professional  
who created and  
popularized as well  
as excelled in the

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Pinckney's nine books became international best-sellers and the video series that followed sold over 6 million copies.

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