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my clients come from all walks of life, people who are tired, stressed, stressed, have high blood pressure, constipation, back pain, high cholesterol, high blood sugar, and they all feel better after callanetics. there are no nasty side effects, no sore muscles, no cramping and no discomfort. i would recommend callanetics to anyone who wants to look and feel better and get more energy. callanetics provides a safe, effective and highly enjoyable way to build a lean, toned body and lose weight. knowing how popular the callanetics programme is, i was keen to meet the men and women who have helped make it such a success. i was introduced to callanetics by the lovely vanda, who was teaching a training session for the second time. she told me that during the first session she had received a phone call from the owner of a gym in london (uk) who had started teaching a programme of callanetics after seeing the success of the programme in the uk. in one month this gym had built up a clientele of over 600 people. she said that the number of clients has grown steadily ever since. she said that many men and women with back problems, arthritis, and who have suffered from serious weight gain have found that callanetics is the only programme that worked for them. others who she has seen are those who have been on extended diets and have been trying to lose weight for a long time but have not been successful. callanetics is ideal for them, as they can achieve the results they want in such a short space of time. tess, a second year student of mine, was attending a training session where she was introduced to callanetics. she found the programme very easy to follow and really enjoyed the sessions. she said it was very effective and her back problems were much improved. she was able to achieve the results she wanted quickly. after attending a training session she had decided to work out with callanetics on her own, and she has found that it has really helped her to get back into shape.

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language/sprache - english/deutsch/espanol/polski. jetzt knnen sie wirklich 10 jahre jnger aussehen in nur 10 stunden. callan pinckney, autorin des revolutionren, meistverkauften fitness-buches callanetics (ein mehrjriger new york times best-seller), zeigt persnlich ihr innovatives tiefenmuskel-trainingsprogramm, das buchstblich in wenigen stunden jahre von ihrer figur nimmt, ohne dabei druck auf ihren rcken auszubn. im gegensatz zu anderen trainingsprogrammen, die schwere ruckartige bewegungen betonen, fhrt callanetics eine reihe von kleinen, sanften, przisen bewegungen durch, die, wenn konsequent angewendet, schnell hften, ges, innere und uere Oberschenkel straffen, den bauch gltten, die brste und die

oberarme festigen, den gesamten krper straffen und dramatisch ihre krperhaltung verbessern. sie werden den unterschied nach einer stunde spren und die meisten menschen sehen tatschlich einen unterschied nach zwei stunden. i didnt even know about callanetics for the first 4 years i was involved in fitness and body building. then one day a high-school friend of mine told me that he had started to use callanetics. he had seen the results in the first few weeks he had done it. we both had the same weight problem, that of an old frame with no energy and no muscle. he had tried just about everything. his problem was never solved. i was told that, by a few trainers that his muscles were too small. i didnt believe this could be true for my friend because of his good looks and his muscular build. i decided to try callanetics as well. i bought the book and began the program. i bought the home study training and this is the first time i have ever seen anything like this available. i decided to follow the program from the beginning. i have been doing this for 4 months and can say that this is by far the most efficient program i have ever seen. i dont have to lift weights or work out to get my muscles bigger and stronger. the program is in the background and the only thing i have to do is to follow the directions. this is so much easier and more effective than working out. i am very impressed with this program and looking forward to finishing it. i am finding that my back is more flexible now and i am feeling great. i am looking forward to finishing the program because i know that i will be stronger, more toned and flexible. a definite success. i am very excited about the new callanetics and i will be ordering the home study training as soon as i finish writing this letter. 5ec8ef588b

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