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One word describes Callanetics exercises; unique. By isolating muscle groups and using tiny, precise (yet powerful) move-

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About the Author Callan Pinckney was the author of the bestselling Callanetics exercise programme and helped thousands of people lose weight, tone muscle and lead

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Callanetics, created by National Fitness Hall of Fame recipient and icon, Callan Pinckney in the late 70's, explains her four-decade success story with Callanetics and THE PULSE: "The Callanetics Pulse is a tiny, gentle precise movement that is responsible for the sculpting and toning of the muscles.

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WHAT IS CALLANETICS? CALLANETICS® is a proven and highly effective training method, recommended by thousands, who have transformed their bodies in just weeks, using our layered series of precise movements. The secret to the effectiveness of Callanetics is the Pulse.

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If you were around during the 1980's, Callanetics may ring a bell. The author, Callan Pinckney, developed this exercise method to help people with bad backs (Pinckney, herself, had scoliosis, lordosis and club feet; she also spent her youth backpacking around the world, and the heavy backpack further wrecked her back.

Callanetics by Callan Pinckney - Meet your next favorite book

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

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In her book, founder Callan Pinckney included photos of a plus size model who completely changed her shape without diet and without losing weight. But she didn't state how long these changes took place.

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In 1984, after seven years of teaching Callanetics, Pinckney published her first book, Callanetics: 10 Years Younger In 10 Hours. Within two years the book had sold close to a million copies in the United State alone. She was profiled in Time Magazine and People Magazine and appeared on every major chat show.

Callan Pinckney - Wikipedia

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