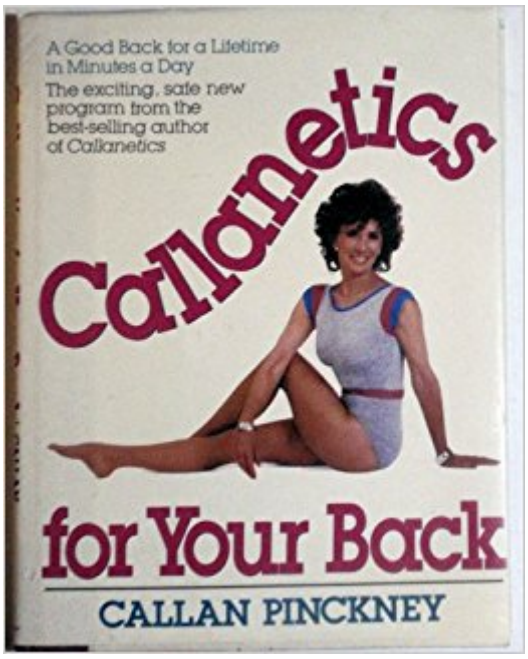
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Synopsis

Callanetics for Your Back

Book Information

Hardcover: 191 pages

Publisher: William Morrow & Co; 1st edition (September 1988)

Language: English

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Shipping Weight: 1.7 pounds

Average Customer Review: 4.3 out of 5 stars 19 customer reviews

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Customer Reviews

Callanetics for Your Back

The exercises in these book based on the authors concept of pelvic wave are extremely effective. The exercises are subtle but when performed correctly are amazingly effective in the relief of back pain

Simple and easy exercises that will help your back aches disappear;

Excellent stretches and exercises for back problems.

Worked everytime

Callanetics is terrific. This book and Callan Pinckney’s videos are highly recommended.

No Problems

Excellent Service, Excellent Product as described. Thank you

Wow you can really feel ALL you muscles when doing this!

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