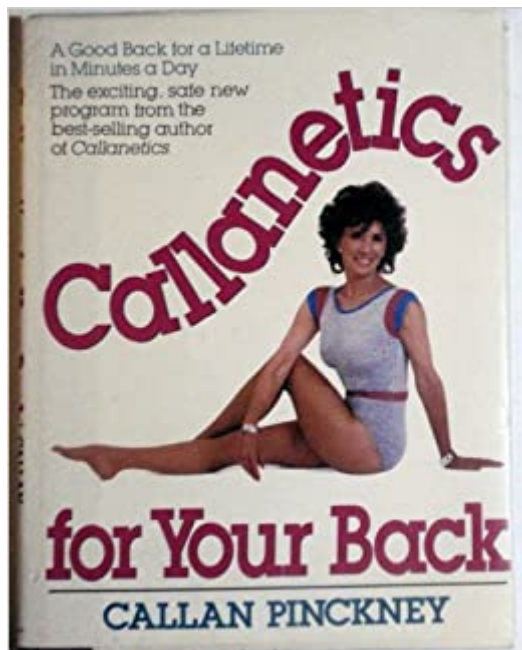


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# Callanetics For Your Back



## Synopsis

Callanetics for Your Back

## Book Information

Hardcover: 191 pages

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

Language: English

ISBN-10: 068807474X

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Package Dimensions: 11 x 8.5 x 0.5 inches

Shipping Weight: 1.7 pounds

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

Best Sellers Rank: #401,952 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #411 in Books > Medical Books > Medicine > Surgery > General Surgery #674 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## 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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Callanetics for Your Back Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 222 Love Techniques to Make Any Man Fall in Love With You & Get Your Ex Back. Learn The Rules and Secret Laws of Enchantment: 222 Love Techniques to Get Your Ex Back and Make Him Miss You Heal Your Back: Your Complete Prescription for Preventing, Treating, and Eliminating Back Pain The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good Get Your Ex Back: The 4 Things Your Ex Needs You to Do to Get Back Together Do You Really Need Back Surgery?: A Surgeon's Guide to Neck and Back Pain and How to Choose Your Treatment The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4) How to Get Your Ex Back Fast: Toy with the Male Psyche and Get Him Back with Skills Only a Dating Coach Knows Get Her Back: FOR MEN ONLY - A Complete Step-by-Step Guide on How to Get Your Ex Girlfriend Back and Keep Her for Good Maggie's Back Book: Healing the Hurt in Your Lower Back Busy Helicopter: Pull-Back (Pull-Back Series) Back Stretching - Back Strengthening And Stretching Exercises For Everyone 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain

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