



am/pm
Callanetics

Energize
in the morning

Relax
in the evening

CALLAN PINCKNEY

THE NEW BESTSELLER

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ABOUT THE BOOK

A firm, shapely body in just minutes a day.

Get your day off to a great start with this new Callanetics programme designed to get you into the best possible shape - quickly and safely.

Featuring two daily routines that shape up and strengthen your entire body, you'll be energized in the morning, completely relaxed in the evening and look and feel great 24 hours a day.

These gentle, no-impact routines work deeply on all your muscles, and you'll see results - fast! Simple to learn, safe and effective, *am/pm Callanetics* provides the perfect start and finish to the day.

A fabulous figure is only hours away ...

- Optimum body-shaping results
- Increase energy levels, reduce stress
- Fast, safe, no-impact routines

ABOUT THE AUTHOR

Callan Pinckney was raised in Savannah, Georgia. She trained in classical ballet for twelve years and has studied other forms of dance, movement and exercise. She had to restore her own body to health when, after an eleven-year backpacking odyssey around the world, the rigours of travel, combined with a congenital back defect, led to physical collapse. On her return to the U.S. she experimented with various exercise techniques, using her early ballet training to develop the programme which finally solved her physical problems. Callan has taught her revolutionary exercise programme for over fifteen years and has had many famous and distinguished clients worldwide, all of whom testify that Callanetics is a unique, safe exercise system for transforming bodyshape.

ALSO BY CALLAN PINCKNEY

Callanetics
Callanetics Countdown
Super Callanetics
Callanetics For Your Back
Quick Callanetics: Stomach
Quick Callanetics: Legs
Quick Callanetics: Hips and Behind

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arrow books

WARNING:

There are risks inherent in any exercise programme. The advice of a doctor should be obtained prior to embarking on any exercise regimen. This programme is intended for persons in good health.

TO PREGNANT WOMEN:

Under no circumstances should any woman in the first three months of pregnancy do any of the exercises featured in this book which also use the stomach muscles. After the first three months do not attempt to do these exercises unless your doctor has actually done them to feel how deep the contractions are. These exercises appear to be very easy, but looks in this case are extremely deceiving.

Introduction

Welcome to *am/pm Callanetics*, a complete exercise programme that works on your entire body and is designed to get you into your best possible shape - quickly and safely.

We live in a hectic, stressful world. I know how busy most of you are and how important it is for you to get the most out of the time you spend exercising, so I have devised *am/pm Callanetics* to meet those needs. Its unique format features two complete, highly effective morning and evening workouts that not only improve your body shape but also improve your energy levels and reduce stress.

This entire am/pm programme takes only forty minutes - twenty minutes in the morning, and twenty minutes in the evening. By breaking up the time you spend exercising in this way, you should find it easier to fit this programme into your daily schedule and you will see results faster. The morning programme will give you renewed vitality so that you have greater strength, aliveness and energy to start your day, while the evening programme will completely relax you, enabling you to shed the tensions of the day, leave its stresses behind, and allowing you to have a peaceful night's sleep. And, of course, the wonderful bonus is that you will have a terrific body twenty-four hours a day!

Like all Callanetics programmes, these am/pm routines work deeply on *all* your muscles and you'll see extremely fast results. Your body will quickly become tight, shapely and beautiful, your posture will improve, and you will be ecstatic at the new burst of energy you will experience. If you are dieting, it will often look as if you have lost twice

the weight, because Callanetics pulls your muscles up and in so effectively.

Callanetics strengthens, without impact. The exercises are designed to protect your back, as well as every other part of your body. In no time at all you will look and feel truly amazing. Whatever your age or ability, you will soon find that your muscles are able to do things that seemed impossible the last time you tried. And it's simple to learn.

A Positive Self-Image

By practising this programme regularly, not only will you notice a wonderful transformation of your figure, but as you learn to be in control of your body you will also feel more alert, your self-confidence will increase and you will be motivated to do so much more in your life. And feeling in control of your body actually helps to reduce stress. My goal is to help you to develop a positive attitude - towards your body and your life.

Nina, who demonstrates the exercises in this book, is a living example of what Callanetics can do for you. Nina is thirty-eight years old with three children, all delivered by Caesarean section. She first started to practise Callanetics in 1987. Years of practising high-impact aerobics had caused her countless injuries over the years. In particular, she suffered extreme pain in her lower back and constant pinches in her neck and shoulders. At one point she was in such considerable pain that she was unable even to turn her head. Endless courses of drugs and medication offered little in the way of permanent relief. However, since she started to practise Callanetics she has undergone a miraculous transformation. Performing the small, gentle movements of Callanetics and learning how to relax her body has left her completely free of pain, and she has suffered no further injuries. At the same time, her body

became tighter, stronger and more shapely - the results were phenomenal. Just look at the photographs, and you will see what I mean.

Nina was so delighted with the results that she wanted to share her knowledge and use her experience to enthuse others. She therefore underwent intense training as a Callanetics teacher and subsequently acquired her own Callanetics franchise. Two years ago, she set up her own studio in Potomac, Maryland, just outside Washington DC. Nina feels very excited and positive about her life, since not only is she contributing to her own wellbeing, she is also able to contribute to the wellbeing of others by offering practical support, encouragement and motivation.

So What Is Callanetics and How Does It Work?

Callanetics is a series of stretching and contracting exercises that activate the body's largest muscle groups, using tiny, gentle, precise movements, called pulses. They are done very slowly in what I call 'triple slow motion', reaching deep into the muscles to give you a strong, firm body, without adding bulk.

I first devised my original Callanetics programme in an attempt to avoid surgery on my back and my knees. I have a long history of back problems, since I was born with curvature of the spine, and after leaving college eleven years of backpacking around the world and undertaking a variety of hard manual labouring jobs to make ends meet also took its toll. My back and knees deteriorated further, and, on returning to the United States, I was determined to do something about my pitiful physical condition. However, I found that the exercises in the classes I attended put a huge strain on my back. I therefore experimented with other techniques, incorporating movements learned while studying classical ballet as a child, and gradually evolved a way of shifting my body position and moving in a slow, gentle way that protected my back. In addition to correcting my physical problems, I was amazed to see how strong and tight my body had become. My posture improved, and I looked and felt years younger. Friends begged me to let them in on my secret, and that was the beginning of Callanetics.

Think of Callanetics as meditation in motion. You reach into the body to work the large muscle groups, as though working through them layer by layer, using movements as small and delicate as a pulse. There are no jerking or

bouncing movements in Callanetics. Callanetics is and always has been no-impact. Some people have even called it the 'no effort' exercise, but as anyone who has experienced Callanetics will tell you it only looks effortless. It is not difficult to do, but you will feel your muscles working, as these tiny movements are in fact incredibly powerful, providing an extremely fast, safe and effective way of achieving a strong, more youthful-looking body.

I like to say that Callanetics defies gravity, because every second of every day gravity is pulling your muscles down, causing your body to droop, sag and spread over the years. With Callanetics, however, as you work to get your muscles strong, your muscles will lift, taking the skin with them and restoring everything to a more youthful position, producing those sleek, tight body contours we all so admire.

In all the exercises the emphasis is on techniques that prevent you from putting any strain on the lower back. By stretching the spine at the same time you are working the surrounding muscles, pressure on your back will be alleviated, and stretching the spine will also improve your posture. As the neck region and the area between the shoulder blades loosen, it becomes easier to pull your shoulders back and stand more erect. The neck appears longer, and this can have the effect of making you appear taller. Whatever your shape or size, Callanetics can enhance your appearance by tightening your muscles more than you ever dreamed possible. And it takes only a few hours to see truly astounding results.

In short, Callanetics produces the fastest results in the shortest possible time - with no injuries. At the same time it protects and strengthens your back. The tiny, precise, delicate pulsing movements will also work your heart in a very gentle way. Whatever your age, sex or physical condition, it's not too late to rejuvenate your body and achieve a fantastic figure. You can have the beautiful, powerful body you deserve, if you're willing to work for it.

How to Get the Most Out of This Programme

The daily routines in *am/pm Callanetics* form a complete and balanced programme of carefully constructed stretching and contracting exercises that work on the entire body and rejuvenate the major muscle groups. Your muscles will be gently stretched and your joints delicately put through their whole range of movement to protect your body from injury.

It is up to you how many times a week you practise this programme, but try to do it at least three times a week. The more often you practise the programme, the faster you will see results. It is perfectly safe to do every day, if you wish, since these exercises, with their delicate, controlled movements, do not cause the wear and tear that weights, jerking and the impact movements often used in other forms of exercise involve. You will be working your muscles at your own pace, without fear of exhaustion or injury, and your muscles will work only at the level at which they are capable of performing, without forcing. To get the maximum benefits from this programme, always try to do both the am and pm routines on the days that you exercise. If you are pushed for time, you can split the programme so that you practise the am and pm routines on alternate days - whatever works for you time-wise - but your body will respond better to the exercises and you will shape up more quickly if you do both routines on the same day.

Before You Start

Before attempting each exercise, make sure you have read all the instructions so that you have a clear idea of how to

proceed. Remember that many of the photographs show the ultimate position that can be achieved for each exercise, so do not expect to attain these positions immediately. Just be patient, and eventually you will be amazed at how much you are capable of stretching and strengthening your body.

Most of the exercises give instructions for both easier and more advanced alternatives so that you are able to work at your own level and progress at your own pace. If you are not able to do the 'standard' version of a particular exercise, start off slowly with the easier option and build yourself up gradually before progressing to the more advanced alternatives. Once you have learned the correct position for a given exercise you will find you progress more quickly and the exercises will soon become second nature. As you become more familiar with the routines and you learn how to relax your entire body, you'll soon find these exercises become the highlight of your day. You don't need any special clothing or equipment. You can do them on a mat in your bedroom, even watching your favourite television programme, using a piece of furniture for balance. Try to make these exercises part of your everyday life.

Always do the routines in the exact sequence as outlined in the book. Start with the warm-ups, then proceed with the exercises and stretches in the order they are given. It is important to work the muscles in a certain sequence so that they do not become fatigued. Each exercise is designed to complement the one that follows. The stretches will also stretch the specific muscles you have been working to help prevent injury and to lengthen the muscles after they have been contracted to prevent them from developing bulk.

Total relaxation

Throughout this book you will find I ask you over and over again to relax your body while doing an exercise. Relaxation is one of the first things I teach my students, since people who have not experienced Callanetics before find it difficult to understand how they can relax while working a muscle. All I am asking you to do is not to forcefully tense your muscles, since any more contracting or stretching than is necessary to perform the required movement creates extra work for your muscles and wastes valuable energy. It also prevents you from reaching the level you are capable of achieving. Relaxing your body allows the muscles to work more deeply. It also takes the pressure off your lower back and protects you from injury. By training yourself to relax while working a muscle, whether stretching or contracting, you will be in control of the motion rather than it taking control of you.

Use your exercise time as an opportunity to calm your thoughts. Just relax, and think beautiful, soft, gentle thoughts. Feel your entire body from the top of your head to your toes become like wax melting into the floor. Exert the minimum amount of effort for the maximum results. The more you relax, the more you will find you are able to do, because you will not be exhausting the muscles, and the faster the exercises will work.

Triple slow motion

Because it is so important that you control the motion, rather than letting the motion control you, throughout this book I ask you to move *in triple slow motion*. Imagine you are watching a slow-motion sequence in a film or television programme. Now slow the movement down even more. This is triple slow motion. The only exceptions to this rule are the warm-up exercises Up and Down (am programme) and The Swing (pm programme), where you should move in *slow motion*.