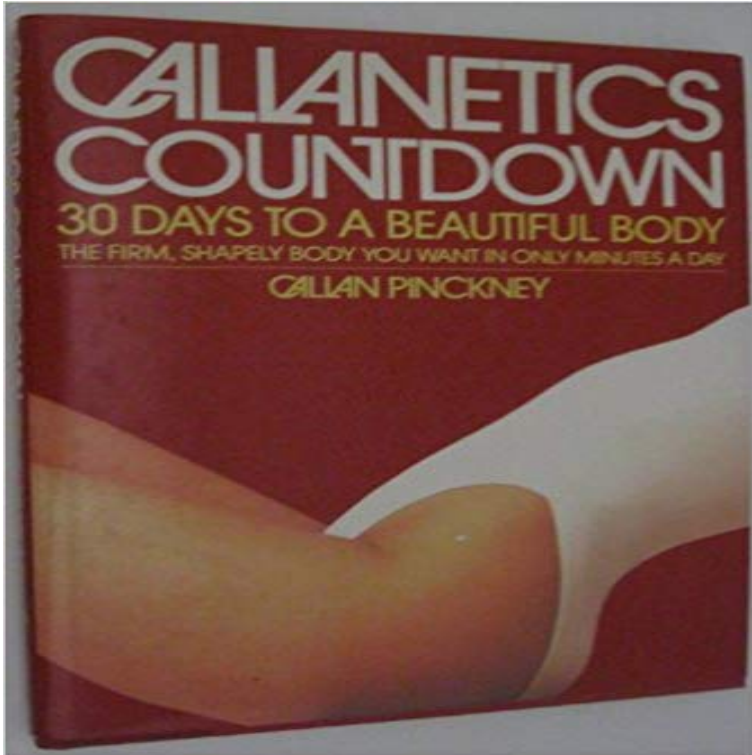


Callanetics Countdown



A 30 day programme for toning specific trouble spots in only 20 minutes a day, written by the bestselling author of Callanetics. This new shape-up programme again applies the principles of her deep muscle-toning exercises, graded into different levels of skill.

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