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Beginning Callanetics von Callanetics vor 7 Jahren 3 Minuten, 25 Sekunden 125.489 Aufrufe Callan Pinckney introduces her best-selling fitness video Beginning , Callanetics , Available on DVD from Amazon.com and ...

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How to Start Calisthenics | Best Beginner Workout Routine von CALISTHENICS FAMILY vor 1 Jahr 14 Minuten, 7 Sekunden 1.806.985 Aufrufe How to start Calisthenics? Watch this video for a full guideline! ? Download our FREE Calisthenics E-, book , with beginner training ...

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