

Callanetics exercise craze returns after 1980s heyday after rumours Madonna and Gwyneth Paltrow use it to defy age

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It went out with leotards, shoulder pads and frizzy perms.

But Callanetics – the 1980s exercise sensation which promised to make you look ten years younger in ten hours – is making a comeback.

The resurgence has been fuelled by celebrity trainer Tracey Anderson who incorporates it into her routines.



Callanetics is even rumoured to be the secret behind Madonna and Gwyneth Paltrow's age-defying bodies.

Followers claim that the lifting and tightening effect of one hour of the U.S. fitness fad is equal to 20 hours of aerobics. But thousands of once-loved Callanetics video cassettes have been gathering dust for more than two decades.

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Now trainers have noticed a 35 per cent surge in class take-up in some parts of Britain over the past three years.

Experts estimate that there are now 1,000 regular students and classes at ten sites around the UK.



Back with a bang: The 1980s craze of Callanetics is set to make a comeback

And a DVD, Callanetics: Evolution, will introduce the moves to a generation who cannot even remember the days before VHS. By using small movements known as pulses, the body's deepest largest muscles are activated. Instructor Julia Mellor claims: 'By activating these major muscles you go straight to the source of toning the body for a good figure.'

And trainer Karin Mackenzie insists you feel the difference 'from the first session', adding: 'It smoothes out cellulite and has a lifting effect on the bottom.'

The micro-movements were invented by American Callan Pinckney from classical ballet exercises to help ease a back problem she was born with, and had a powerful sculpting effect on the body.

Her book is a bestseller and her video remains in Amazon's top 1 per cent of U.S. DVD sales. Callanetics: Evolution DVD is launched at next week's Vitality Show at Earls Court.