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## Attention all women! Check out these new toning exercises by trainer Stacy Berman

October 22, 7:58 AM - Minneapolis Personal Training Examiner - Julie Almeida



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No more regular [squats](#) now!

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A few days ago on October 19th, the Early Show had trainer Stacy Berman appear to talk about some better exercises for women to attain long and lean muscles. She advises the viewers to stay away from certain exercises because "we don't want bulky muscles." She offers great alternatives to use instead that work the same muscle groups.

**No more crunches**

Crunches are the tried and true way to get nice abs, but they do create bulk in the abdominal area. To avoid that result, Berman advises to do burpees instead. Start in a push up position extended off the floor, and jump your feet to your hands. Not only will you work your abs, but you will also engage your upper body to maintain your balance.

**Not your average squat**

Squats are a great exercise to tone your lower body as a whole. But there is a

common mistake that can take away from the exercise and is bad for your knees: letting your knees sneak over your toes. This can also affect your lower back, so people who have back or knee problems have a new alternative to the standard squat: squat jumps.

Starting with feet shoulder width apart, lower into a slight squat just before your knees are about to go over your toes. In one move, explode through your toes in a vertical jump, and land in the squat position. This move combines cardio and exercise in one, so you can increase your calorie burn at the same time.

**Modified dead lift**

Dead lifts are a great move to tone your hamstrings, but they can create bulky muscles if your weight is high. To avoid this dilemma but still get the same result, skip the weight and involve a chair or bench. This gives you the opportunity to engage your muscles differently again.

Start by standing with your back to the chair or bench. Place one foot on the chair, and raise your arms just above your legs with palms down in front of you. Bend at the waist and guide follow your arms down your legs until you are fully bent over at the waist. Return to the start position. Repeat on with the other leg on the bench to balance both sides!

For more info: Check out Stacy's [website](#) for her Boot Camp for Women class!

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