

ALS Exercise Guide

Cardio

- Exercise Bike with Seat
- Overground Walking
- Treadmill Walking
- Arm Bike
- Aquatic activities
- Stepping/stairs
- Running/jogging
- 2-3 x / wk
- 20 - 30 minutes
- Moderate Intensity

HR:

Strengthening

- Rows
- Pull-downs
- Overhead press up
- Seated tricep dips
- Wall pushup
- Bridge
- Standing hip extension
- Standing hip abduction
- Calf raises
- Squats or Sit to Stand
- Marches
- Breathing exercises
- 3 sets x 5 repetitions
- 2 - 3 x / wk

Stretching

- Shoulder flexion
- Shoulder abduction
- Elbow extension
- Finger extension
- Wrist extension
- Hip flexion or extension
- Knee extension
- Ankle dorsiflexion
- Chest stretch
- 1x -2x / day
- 30 - 60 second hold x 3 repetitions