

# ALS Exercise Guide

## Cardio

Exercise Bike with Seat

Arm Bike

Aquatic activities

Foot Bike

2-3 x / wk

20 - 30 minutes

Moderate Intensity

HR:

## Strengthening

Rows

Pull-downs

Overhead press up  
(+weight)

Seated tricep dips

Bridge

Long arc quad

Calf raises standing or seated

Sit to Stand

Seated 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