

Rate of Perceived Exertion (RPE) Scale

RPE	1-10 Scale	Description	MHR
6	0	Nothing at all	
7	0.5	Very, very light	5%
8			
9	1	Very light	10%
10			
11	2	Fairly light	20%
12	3	Moderate	30%
13	4	Somewhat hard	40%
14			
15	5	Hard	50%
16	6		60%
17	7	Very hard	70%
18	8		80%
19	9		90%
20	10	Very very hard (maximal)	100%