



## rate of perceived exertion

Rate of perceived exertion (RPE) is used to measure how hard your body works during physical activity. It runs from 0 – 10, using numbers to rate how much effort an activity takes. The RPE scale can help you manage exercise intensity and improve cardio training and endurance.

### RPE scale for strength

max effort	10	could not do more reps or load
very hard	9.5	could not do more reps, could slightly do more load
	9	could do 1 more repetition
	8.5	could do 1 more repetition, chance at 2 reps
challenging	8	could do 2 more repetitions
	7.5	could definitely do 2 more reps, chance at 3 reps
	7	could do 3-4 more repetitions
moderate	5-6	warm up or speed work weight, 6-10 reps in reserve
easy	1-4	very light/used for mobility and form emphasis

### RPE scale for conditioning

max effort	10	feels impossible to continue, completely out of breath, unable to talk
very hard	8-9	difficult to maintain exercise intensity, hard to speak more than a word or two
vigorous	6-7	on the verge of becoming uncomfortable, short of breath, can speak a sentence
moderate	4-5	feel like you can exercise for a long period of time, able to talk, and hold short conversation
light	2-3	feels like you can maintain for hours, easy to breathe and carry a conversation, active recovery pace
very light	4-5	anything other than complete rest