

Fit & Lean in 2014

4.4: Rating of Perceived Exertion (RPE) Scale

The RPE scale is used to measure the intensity of your exercise. The scale runs from 0-10. The numbers relate to phrases used to rate how easy or difficult you find an activity.

For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of a very difficult activity.

When using this scale, remember to include feelings of shortness of breath as well as how tired you feel in your legs, arms and rest of your body.

RPE	What It Means
0-1	No exertion.
2-3	Light exertion. This is how you should feel when you're warming up, cooling down and stretching.
4-5	Medium exertion. You're breathing a little faster. Your heart is pumping a little faster. You're feeling a little warmer.
6-7	Moderate exertion. You're breathing pretty hard now, you're probably sweating. You can talk, but it's getting tougher.
8-9	Hard exertion. You're breathing really hard and you can only say a few words at a time. You're wondering how long you can go on like this.
10	Hardest exertion. You cannot keep this pace for more than a minute. Speaking is impossible. This is your limit.



RPE Level 0



RPE Level 10