

## Rate of Perceived Exertion Scale

<i>Cardiorespiratory Conditioning level</i>	<i>RPE Level</i>	<i>Workout Intensity</i>	<i>Similar to ...</i>
<b>No effort</b>	<b>0</b>	<b>Not exercising</b>	<b>Sitting down and relaxing</b>
<b>Very little effort</b>	<b>1</b>	<b>Very easy</b>	<b>Standing up</b>
<b>Warm-up or recovery effort</b>	<b>2</b>	<b>Easy</b>	<b>Walking</b>
<b>Warm-up or recovery effort</b>	<b>3</b>	<b>Moderate</b>	<b>Walking moderately</b>
<b>Aerobic effort</b>	<b>4</b>	<b>Somewhat hard</b>	<b>Walking up hill</b>
<b>Aerobic effort</b>	<b>5</b>	<b>Moderately hard</b>	<b>Jogging slowly</b>
<b>Aerobic effort</b>	<b>6</b>	<b>Hard</b>	<b>Jogging fast, conversation difficult</b>
<b>Anaerobic effort</b>	<b>7</b>	<b>Hard</b>	<b>Running moderately, conversation not possible</b>
<b>Anaerobic effort</b>	<b>8</b>	<b>Very hard</b>	<b>Running, possible to say a couple of words</b>
<b>Anaerobic effort</b>	<b>9</b>	<b>Very, very hard</b>	<b>Sprinting, can't speak</b>
<b>Anaerobic effort</b>	<b>10</b>	<b>Maximal</b>	<b>Sprinting maximally</b>