

rate of perceived exertion (RPE) scale



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 can still maintain a conversation as you move.

6-7

Moderate exertion. You're breathing much faster now and likely to be sweating. You can still talk, but it's getting harder.

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 can keep this pace up for no more than a minute. Speaking is impossible. You're at your limit.