

## THE RATING OF PERCEIVED EXERTION (RPE) MEASURING SCALE\*

Use this quantitative scale at the end of each resistance exercise and your whole workout to assess how much exertion they took to complete.

Rating	Subjective Feeling
0	Nothing at all (no intensity)
0.3	
0.5	Extremely weak (just noticeable)
0.7	
1	Very Weak
1.5	
2	Weak (light intensity)
2.5	
3	Moderate
4	
5	Strong (heavy intensity)
6	
7	Very strong
8	
9	
10	Extremely strong (strongest intensity)
11	
•	Absolute maximum (highest possible intensity)

*Instructions for use:* “During the exercise we want you to pay close attention to how hard you feel the exercise work rate is. This feeling should reflect your total amount of exertion and fatigue, combining all sensations and feelings of physical stress, effort, and fatigue. Don’t concern yourself with any one factor such as leg pain, shortness of breath or exercise intensity, but try to concentrate on your total, inner feeling of exertion. Try not to underestimate or overestimate your feelings of exertion; be as accurate as you can.”

\* From; Gunnar Borg, *G. Borg’s Perceived Exertion and Pain Scales* (Champaign, IL: Human Kinetics, 1998). Reproduced with the permission of the author.