

RPE Scale (rating of perceived exertion)

- 6 No exertion at all (sitting down watching TV)
- 7
- Extremely light (7.5)
- 8
- 9 Very light
- 10
- 11 Light
- 12 Moderate
- 13 Somewhat hard
- 14
- 15 Hard (heavy)
- 16
- 17 Very hard
- 18
- 19 Extremely hard
- 20 Maximal exertion (the end of the Pacer test in gym)