

Rating of Perceived Exertion Scale

0	Nothing at all No effort at all
1	Very light Very light, little effort
2	Fairly light Feels like I could do many more repetitions
3	Moderate Still somewhat comfortable, but becoming more difficult
4	Somewhat hard Becoming noticeably more difficult
5	Hard Hard, but could do another 4-6 repetitions
6	Harder Harder now, and could do 3 more repetitions
7	Very hard Very hard, and could maybe do 2 more repetitions
8	Very very hard, and could have done 1 more repetition
9	Almost maximal effort, <u>might</u> be able to do one more rep
10	Maximal Effort Physically could not do another repetition

↖ Optimal Training Zone ↗