



STRENGTH TRAINING RPE SCALE (Rating of Perceived Exertion)

6	Light/Easy
7	
8	Easy to lift. Can perform 15 repetitions or more without fatiguing
9	
10	
11	Moderate/Somewhat Hard
12	
13	Feels somewhat heavy. Can lift between 11 to 15 repetitions, but no more
14	
15	Vigorous/Very Hard
16	
17	Very heavy. Can perform no more than 10 repetitions
18	
19	MAXIMAL
20	Extremely heavy. Can perform no more than 3 repetitions