

RATE OF PERCEIVED EXERTION (RPE)

- 6** Minimal
- 7** Very, very light
- 8** Very, very light +
- 9** Very light
- 10** Very light +
- 11** Fairly light



LITTLE OR NO EFFORT
Do you feel like you normally do when relaxing or sitting?

- 12** Comfortable
- 13** Somewhat hard
- 14** Somewhat hard +
- 15** Hard
- 16** Hard +



TARGET RANGE
Do you feel comfortable yet challenged?

- 17** Very hard
- 18** Very hard +
- 19** Very, very hard
- 20** Maximal



TOO HARD
Do you feel completely exhausted and unable to continue?

Perceived Exertion

WJ Hussar



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