

Rate of Perceived Exertion (RPE)

When a strength program provides you with a Rate of Perceived Exertion value, utilize the chart below for reference. For more details and explanation, watch [this video](#) explaining its applications (better video to come).

Rate of Perceived Exertion (RPE) Scale for Strength Training	
Could not do any more repetitions in this set	10
Could maybe do another repetition in this set	9.5
Could do only 1 more repetition in this set	9
Could do 1 repetition, maybe 2 repetitions in this set	8.5
Could do only 2 more repetitions in this set	8
Could do 2 repetition, maybe 3 repetitions in this set	7.5
Could do only 3 more repetitions in this set	7
Could do 4-6 more repetitions in this set, like a warm-up	5 - 6.5
Very light effort, can sustain for long duration	1 - 4

Examples
Example #1: "4 x 5 @ RPE 8" 4 reps, 5 sets, with a weight that hits an intensity of RPE 8. (R x S @ RPE #) This would mean you have to do a few warm-up sets at lower weight, adding more until you work your way up to a difficult enough weight such that when you hit the requested 4 repetitions, you believe you could only muster up two more additional repetitions if you had to. This is because the chart indicates that an RPE 8 leaves you with only 2 repetitions of energy left. Then you would do 5 sets of this, often broken up with 1-2min of rest in between.
Example #2: "AMRAP to RPE 8" AMRAP = As Many Repetitions As Possible, until you hit an intensity of RPE 8. This would mean you would have to do as many repetitions as possible of a requested exercise until you hit an intensity level where you only have two more additional repetitions left in your energy tank. This kind of set up usually would apply to bodyweight exercises, where adding weight isn't accessible. As a result, your only other option to get to a point of fatigue is to do more repetitions. Since we don't always know that numeric value, we use the RPE scale as our gauge.

Rate of Perceived Exertion (RPE) for Cardio Intensity

10	Maximum Effort Activity <i>Feels almost impossible to keep going. Completely out of breath and unable to talk.</i>
9	Very Hard Activity <i>Very difficult to maintain exercise activity. Can barely breathe and speak a single word.</i>
7-8	Vigorous Activity <i>On the verge of becoming uncomfortable. Short of breath. Can speak a sentence.</i>
4-6	Moderate Activity <i>Feels like you can exercise for hours. Breathing heavily, but can hold short conversation.</i>
2-3	Light Activity <i>Feels like you can maintain for hours. Easy to breathe through nose and carry on a conversation.</i>
1	Very Light Activity <i>Anything other than sleeping, sitting, riding in a car, watching tv, etc.</i>