

Rating of Perceived Exertion – RPE Borg Scale 6-21	
Rating	Perceived Exertion
6	
7	Very, very light.
8	
9	Very light.
10	
11	Fairly light.
12	
13	Somewhat hard.
14	
15	Hard.
16	
17	Very hard.
18	
19	Very, very hard.
20	Maximum exertion.