

Rate of Perceived Exertion Scale

6		Rest	
7		Very, Very Light	
8	➤	Very Light	Warm-Up & Cool-Down
9			
10		Fairly Light	
11			
12	➤	Somewhat Hard	Conditioning
13			
14	➤	Hard	
15			
16			
17	➤	Very Hard	Slow Down!
18			
19	➤	Very, Very Hard	
20			