

Ratings of Perceived Exertion

RPE Scale		
6		No measurable benefit to cardiovascular endurance, though beneficial for increased physical activity level.
7	Extremely Light	
8		
9	Very Light	
10		
11	Light	Preferred exercise intensity for enhanced cardiovascular benefits.
12		
13	Somewhat Hard	
14		
15	Hard (Heavy)	Limited benefits to cardiovascular endurance.
16		
17	Very Hard	Exercising at levels 18-20 found to be detrimental.
18		
19	Extremely Hard	
20	Maximal Exertion	