



# RPE SCALE FOR CARDIO EXERCISE

RPE Scale	Intensity Level	Feels Like
10	Maximum intensity	Almost impossible to keep going. All-out effort. Completely out of breath, unable to talk.
9	Very hard intensity	Very difficult to maintain at this intensity. Breathing is hard and can only speak a few words.
7 - 8	Vigorous intensity	Borderline uncomfortable. Short of breath, can speak a sentence. Requires focus to hold at this level.
5 - 6	Moderate intensity	Becoming more challenging. Requires some effort to maintain. Breathing heavy but can hold a conversation.
3 - 4	Light intensity	Easy to breathe and carry a conversation. Could maintain for hours.
1 - 2	Very light intensity	Anything other than sleeping, watching TV etc