

RPE SCALE FOR RESISTANCE TRAINING

RPE Scale	Intensity level	
10	Absolute max 0 reps left in the tank	
9	1 rep left in the tank	
7 - 8	2 – 3 reps left in the tank	
5 - 6	4 – 5 reps left in the tank	
3 - 4	6 – 7 reps left in the tank	
1 - 2	8 + reps left in the tank	

Eternal* Fitness

07517 658 128

esther.fair@eternal-fitness.co.uk

www.eternal-fitness.co.uk