



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