



## Information Sheet

### BORGS RATINGS OF PERCEIVED EXERTION (RPE) SCALE

This scale was originally designed by Dr. Gunnar Borg. It assigns a numerical value (6-20) to subjective feelings of exertion (how hard someone feels they are working). This therefore takes into account a number of factors (psychological, musculoskeletal and environmental) that would be influencing that person when they are exercising. This level of perceived effort is assigned a rating from the scale below:

#### RPE

- 6
- 7 very, very light
- 8
- 9 very light
- 10
- 11 fairly light
- 12
- 13 somewhat hard (corresponds to approximately 60-80% of maximum heart rate)
- 14
- 15 hard
- 16 (corresponds to approximately 90% of maximum heart rate)
- 17 very hard
- 18
- 19 very, very hard
- 20

The information given above is not intended to be a substitute for medical advice. WaterRower accepts no responsibility for any injury caused by the information presented here. Please consult a physician before starting an exercise program.

### WaterRower