



## 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:

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

### WaterRower

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