

Elite Health & Fitness Training, Inc.  
**RATE OF PERCEIVED EXERTION\* (RPE)**

6	Resting
7	Very, Very Light
8	
9	Very Light
10	
11	Fairly Light
<b>12**</b>	
<b>13**</b>	<b>Somewhat Hard</b>
<b>14**</b>	
<b>15**</b>	<b>Hard</b>
<b>16**</b>	
17	Very Hard
18	
19	Very, Very Hard
20	

\* Overall effort of your body during exercise

\*\* Cardiovascular Training Zone

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