



SCALE OF PERCEIVED RATE OF EXERTION

- 1 – NO WORK AT ALL (LYING ON THE COUCH)**
- 2 – STILL ON THE COUCH, BUT SITTING UP NOW**
- 3 – STILL ON THE COUCH, REACHING FOR THE CHANNEL CHANGER**
- 4 – TIME TO GET OFF THE COUCH AND GET TO WORK, MY FRIEND!**
- 5 – VERY LIGHT WORK, MINIMAL EFFORT (50% OF YOUR HEART RATE MAX)**
- 6 – WARM UP INTENSITY, STILL VERY EASY, A PACE YOU COULD MAINTAIN FOR A VERY LONG TIME (60% OF YOUR HEART RATE MAX)**
- 7 – FEELS LIKE WORK, NOW BREATHING IS GETTING A BIT HEAVIER, PERHAPS BREAKING A SWEAT, CAN STILL CARRY ON A CONVERSATION (70% OF HRM)**
- 8 – THIS INTENSITY TAKES FOCUS TO MAINTAIN, BREATHING IS MUCH HEAVIER AND IT BECOMES INCREASINGLY DIFFICULT TO CARRY A CONVERSATION, INCREASED PERSPIRATION (80% OF HRM)**
- 9 – NEAR MAXIMUM EFFORT, CAN ONLY SUSTAIN THIS INTENSITY FOR A SHORT PERIOD OF TIME, BREATHING IS EXTREMELY HEAVY, HEART RATE FEELS VERY HIGH, LACTIC ACID ACCUMULATES IN MUSCLES, CANNOT SPEAK (90% OF HRM)**
- 10 – ABSOLUTE MAXIMUM EFFORT. VERY LIMITED DURATION OF TIME, EXTREMELY DIFFICULT TO SUSTAIN, YOU SHOULD STOP (100% OF HRM)**