

RM 9–FM: Level of Exertion/Intensity

Level of Exertion/Intensity				
Amount of Effort				Exertion Description
Rate of Perceived Exertion (RPE) Scale (Modified Borg Scale)	Intensity Descriptor	Heart-Rate Range* (Age Based) Maximum Heart Rate (MHR)	Exertion Descriptor	
1	LIGHT	50% – 65% of MHR	Resting	You are breathing normally. It is very easy to talk.
2			Somewhat Light	Your rate of breathing increases slightly, but it is still easy to talk.
3			Light	You notice your breathing. You can still talk fairly easily.
4	MODERATE	65% – 80% of MHR	Medium	You are breathing more heavily, but you do not hear yourself breathe.
5			Somewhat Hard	You can hear yourself breathe, but can still talk.
6			Medium Hard	It is getting difficult to talk.
7	VIGOROUS	80% – 100% of MHR	Hard	You are breathing heavily. It is difficult to talk.
8			Very Hard	Your breathing is laboured. It is very difficult to talk.
9			Gruelling	It is almost impossible to talk.
10			Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

* The heart-rate range may vary, depending on the source of reference, age, physical abilities, individual fitness levels, and so on.