

Exercise Intensity

Using the RPE Scale

In this stage of recovery, it is recommended that you work at a **low to moderate** level. To judge the correct level of *exertion* (effort), rate your effort on a scale of 0 to 10, with 0 being the least effort and 10 being the greatest effort.

Effort Level (RPE)

The table below shows the Rate of Perceived Exertion (RPE) scale. You are exercising at a low to moderate level if you are working **between levels 2 and 4 on the scale of 1 to 10**. The area outlined in bold halfway down the table is your Goal Training Zone.

RPE	Workload	Talk Test	
9-10	Max effort	Completely out of breath	
7-8	Very hard	Can only speak a few words	
5-6	Vigorous	Must take breaths while talking	
3-4	Moderate	Can have a conversation	
2	Light	Easy to talk	
1	Very Light	No difficulty at all	

GOAL →

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

