

## Borg's Rating of Perceived Exertion The 10- Point Scale

Borg's rating of perceived exertion scale takes into account the exerciser's own perceptions of their fatigue. On the revised version of the Borg scale, the perceived effort is assigned a rating between 1 and 10. On the 10 point Borg scale, participants should experience RPE anywhere from 4 to 8, which corresponds to an estimated heart rate of 60 to 80% of the estimated maximum heart rate.

- 1 (nothing at all)
- 2 (weak)
- 3 (moderate)
- 4 (somewhat strong)
- 5 (Strong)
- 6
- 7 (very strong)
- 8
- 9
- 10 (very, very strong)

Source: American College of Sports Medicine. 1991. Guidelines of Exercise Testing and Prescription (4th ed.).