

Borg Rating of Perceived Exertion Scale

- 6 - No Exertion at all**
- 7 - Extremely Light**
- 8 - Extremely Light**
- 9 - Very Light**
- 10 - Very Light**
- 11 - Light**
- 12 - Light**
- 13 - Somewhat Hard**
- 14 - Somewhat Hard**
- 15 - Hard (Heavy)**
- 16 - Hard (Heavy)**
- 17 - Very Hard**
- 18 - Very Hard**
- 19 - Extremely Hard**
- 20 - Maximum Exertion**