

Ratings of Perceived Exertion (RPE)

What it is, and why
you should use it.



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FitSpark
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RPE Scale Explained

RPE 1–3 — VERY LIGHT EFFORT

- Easy warm-up intensity
- You can breathe and talk comfortably
- Used for mobility, gentle cardio, warm-up sets

RPE 4–6 — LIGHT TO MODERATE EFFORT

- You're working, but it's manageable
- Heart rate is elevated
- You can speak in full sentences
- Great for steady-state cardio, technique practice, and moderate lifting

RPE 7–8 — CHALLENGING BUT CONTROLLED

- You're focused
- Reps feel hard but doable
- You have 2–3 reps left in the tank
- Ideal for most strength-building workouts

RPE 9 — VERY HARD

- You have 1 rep left before form breaks
- Use for experienced lifters or final sets only
- Not meant for every day

RPE 10 — MAX EFFORT

- No reps left
- Form may break down
- Reserved for testing, not training



Why it Matters

USING RPE HELPS YOU:

- ✓ Train hard enough to build muscle
- ✓ Avoid going too heavy too soon
- ✓ Adjust intensity on low-energy or high-stress days
- ✓ Improve body awareness
- ✓ Track progress even without increasing weight

STRENGTH TRAINING GUIDE

- WARM-UP SETS → RPE 4–5
- WORKING SETS → RPE 7–8
- OPTIONAL FINAL SET → RPE 8–9
- TESTING/PRS → RPE 10 (RARE)

RPE is a simple 1–10 scale that helps you measure how hard you're working based on your effort- not weight, speed, or someone else's pace.

It teaches you to listen to your body, train smarter, and stay safe while still progressing.

