

## **RATING OF PERCEIVED EXERTION (RPE) CHART**

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**BRAIN ZONE** 1-10 SCALE **EFFORT DESCRIPTION ACTIVITY TYPES** All-Out Sprint Cardio: Speed 2 Dopamine Zone The maximum possible effort, HIIT, Boxing (during high intensity bouts) sustainable for just 20-30 seconds Very Hard Intensity Cardio: Speed 2 Hard to speak, breathing labored Dopamine Zone HIIT, Boxing (during high intensity bouts) after a few seconds, good for 1 minute intervals Cardio: Speed 2 Hard Intensity 8 HIIT, Boxing (during high intensity bouts) Dopamine Zone Hard to say more than 2-3 words PWR! Moves with Strength Vigorous Activity Cardio: Speed 2 Can speak in short sentences; HIIT, Boxing (during high intensity bouts) Dopamine Zone becomes uncomfortable quickly PWR! Moves with Strength Cardio: Speed 1 Hard Activity PWR! Moves with Mobility/Balance/ 6 Labored breathing, challenging and Functional Zone uncomfortable but sustainable for Flow Yoga 30-60 minutes

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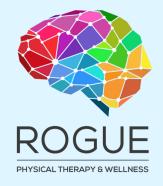


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Cardio: Speed 1

5	<b>Progressive Pace</b> A pace that requires some pushing and effort to maintain; still able to hold a conversation	Cardio: Speed 1 PWR! Moves with Mobility/ Balance/ Stretch/ Flow Flow Yoga	Functional Zone
4	<b>Comfortable Pace with Some Effort</b> Slight "push" but still at a pace which you could speak a few sentences without struggling	Cardio: Speed 1 PWR! Moves with Mobility/ Balance/ Stretch/ Flow Flow Yoga	Functional Zone
3	<b>Comfortable Pace</b> Able to maintain a conversation without getting out of breath	Cardio: Warmup/Cooldown PWR! Moves with Mobility/ Balance/ Stretch/ Flow Tai Chi, Restorative Yoga	Comfort Zone
2	<b>Light and Easy</b> Very gentle and easy to maintain a conversation – could continue for hours	Static stretching, Slow walking, Tai Chi, Restorative Yoga	Comfort Zone
	Minimum Effort Bare minimum exertion; a gentle stroll in your backyard – could continue all day	Static stretching, Slow walking, Tai Chi, Restorative Yoga	Comfort Zone
0	<b>No Effort</b> Your body is still (seated, standing, on your back) - You are exerting no effort	Meditation	Meditation Zone



## CARDIO PACE DESCRIPTIONS

PACE NAME	RATING OF PERCEIVED EXERTION	RPE DESCRIPTION	% OF HEART RATE MAX	BIKE	TREADMILL	ELLIPTI	CAL**	DOPAMINE STATUS***
	(RPE) 1-10			RPMs**	MPH**	SPM* or	MPH	
SPEED 1	4-6	Comfortable pace that requires some pushing and effort to maintain; still able to hold a conversation		60-70	0.2-0.5 mph slower than your speed 2	50-60	0.5 MPH slower than speed 2	Dopamine dependent on maintaining heart rate above 60%
SPEED 2	7-10	Vigorous pace that requires constant effort; difficult to say 2-3 words	70-85%	80-90	Fastest speed you can maintain safely	70-80	Fastest speed you can maintain safely	You are in the Dopamine Zone (producing dopamine)!

## \*SPM = STEPS PER MINUTE

\*\*These are recommended speeds which may vary depending on your fitness levels. We recommend starting where you are now and working your way up to these recommended speeds over time as your fitness improves.

\*\*\*To view the research supporting dopamine production related to exercise, please visit <u>www.roguept.com/cardio-class-research</u> For more information about our cardio classes, please visit <u>www.roguept.com/cardio-class</u> Our online exercise class is hosted at <u>www.rogueinmotion.com</u>

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