



RATING OF PERCEIVED EXERTION (RPE) CHART

www.roguept.com

info@roguept.com

714-276-3992

1-10 SCALE

EFFORT DESCRIPTION

ACTIVITY TYPES

BRAIN ZONE

10

All-Out Sprint
The maximum possible effort, sustainable for just 20-30 seconds

Cardio: Speed 2
HIIT, Boxing (during high intensity bouts)

Dopamine Zone

9

Very Hard Intensity
Hard to speak, breathing labored after a few seconds, good for 1 minute intervals

Cardio: Speed 2
HIIT, Boxing (during high intensity bouts)

Dopamine Zone

8

Hard Intensity
Hard to say more than 2-3 words

Cardio: Speed 2
HIIT, Boxing (during high intensity bouts)
PWR! Moves with Strength

Dopamine Zone

7

Vigorous Activity
Can speak in short sentences; becomes uncomfortable quickly

Cardio: Speed 2
HIIT, Boxing (during high intensity bouts)
PWR! Moves with Strength

Dopamine Zone

6

Hard Activity
Labored breathing, challenging and uncomfortable but sustainable for 30-60 minutes

Cardio: Speed 1
PWR! Moves with Mobility/ Balance/ Stretch/ Flow
Flow Yoga

Functional Zone

5

Progressive Pace
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

Comfortable Pace with Some Effort
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

Comfortable Pace
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

Light and Easy
Very gentle and easy to maintain a conversation – could continue for hours

Static stretching, Slow walking, Tai Chi, Restorative Yoga

Comfort Zone

1

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

No Effort
Your body is still (seated, standing, on your back) - You are exerting no effort

Meditation

Meditation Zone



CARDIO PACE DESCRIPTIONS

www.roguept.com
info@roguept.com
714-276-3992

PACE NAME	RATING OF PERCEIVED EXERTION (RPE) 1-10	RPE DESCRIPTION	% OF HEART RATE MAX	BIKE RPMs**	TREADMILL MPH**	ELLIPTICAL** SPM* or MPH	DOPAMINE STATUS***
-----------	---	-----------------	---------------------	-------------	-----------------	--------------------------	--------------------

SPEED 1	4-6	Comfortable pace that requires some pushing and effort to maintain; still able to hold a conversation	60-70%	60-70	0.2-0.5 mph slower than your speed 2	50-60 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	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 www.roguept.com/cardio-class-research

For more information about our cardio classes, please visit www.roguept.com/cardio-class

Our online exercise class is hosted at www.rogueinmotion.com