

BORG SCALE AND MODIFIED BORG SCALE

RPE	Description	Intensity Level
7	Easy	
8		
9	Very Light	
10		50% MHR
11	Fairly Light	
12		60% MHR
13	Somewhat Hard	
14		70% MHR
15		
16	Hard	80% MHR
17		
18	Very Hard	90% MHR
19	Very, Very Hard	
20		

0	Nothing at all
0.5	Very Very Light
1	Very Light
2	Fairly Light
3	Moderate
4	Somewhat Hard
5	Hard
6	
7	Very Hard
8	
9	
10	Very Very Hard (Maximal)