

Repetition Based RPE (Rate of Perceived Exertion) Scale

Rating	Definition
10	Lifting to concentric failure under the conditions of an extreme level of physiological excitement (usually only possible during a competition setting). The last rep will move very slowly and take up to 5 seconds.
9	Pushing to concentric failure. The last rep duration is much longer than other reps and form may degrade slightly.
8	Pushing just short of concentric failure. The last rep may slow just a little but form should remain similar from the first rep to the last. If pushing to failure you would be able to do 1 or possibly 2 more repetitions.
7	Leaving 2-3 reps in reserve after completing the final rep. The last rep is still easy and is not very taxing.
6	More of a recovery training intensity. Could do several more reps if desired.
5-1	Warm-up level of exertion. Serves as preparation more than exercises.