

RPE	Repetitions in Reserve*	Relative Intensity (%)	Energy System Descriptors	Heart Rate (bpm)
0	Rest	0	Rest	60 or less
1	Little to no effort	70	Very, very light	70
2	Little to no effort	73	Very light	90
3	Light effort	76	Fairly light	110
4	Light effort	79	Moderate	120
5	5 or 6 RIR	81-85	Somewhat hard	130 to 140
6	4 or 5 RIR	83-90	Hard	ESD
7	3 RIR	87-92	Very hard	170 to 180
8	Definitely 2 RIR	91-95	Very, very hard	>180
8.5	Maybe 2 RIR	93-97		
9	Definitely 1 RIR	95-97	Extremely hard	>190
9.5	Maybe 1 RIR	97+		
10	0 RIR	100	Maximal	Max