




## Borg Rating of Perceived Exertion Scale

Participants should be working at 12–13 (somewhat hard).

6	Very, very light	
7	Very light	
8		
9		
10		
11	Fairly light	
12	Somewhat hard	
13	Very hard	
14		
15		
16	Very hard	
17		
18		
19		
20		

Source: Borg, G. [1998]. *Borg's Perceived Exertion and Pain Scales*. Champaign, IL: Human Kinetics.