

Rating of Perceived Exertion (RPE) Scale

RPE SCALE	HOW HARD ARE YOU EXERCISING?
6 7 8	NO EXERTION VERY, VERY LIGHT
9 10 11	VERY LIGHT LIGHT
9 10 11	SOMEWHAT HARD
15 16 17	HARD (HEAVY) VERY HARD
18 19 20	EXTREMELY HARD MAXIMUM EXERTION

As with all exercise programs, when using our exercise videos or illustrations, you should workout at your own pace and ability. To reduce and avoid injury, you will want to check with your doctor before beginning any new fitness activities. By performing any of the following exercises, you are performing them at your own risk. The Pritikin Longevity Center will not be responsible or liable for any injury or harm you sustain as a result of our fitness program, online fitness videos, or information shared on our website. This includes emails, videos and text. Thanks for your understanding.