

Modified Rating Perceived Exertion (CR10)

| | | LEVEL | DESCRIPTION |
|--|----------|-----------|-----------------------------------|
| | | 10 | Extremely strong (almost maximum) |
| | | 9 | |
| | | 8 | |
| | | 7 | Very strong |
| | | 6 | |
| | | 5 | Strong (heavy) |
| | | 4 | Somewhat strong |
| | | 3 | Moderate |
| | | 2 | Weak (light) |
| | | 1 | Very weak |
| | | ½ | Extremely weak (just noticeable) |
| | 0 | Nothing | |