**Handout I**

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| --- | --- | --- |
| **Category RPE Borg scale (original)** | **(Borg CR10)Category ratio RPE scale** | |
| **- 6 very very light** | **0 No thing at all** | |
| **- 7 very very light** | **0** | **0.5 very very weak** |
| **- 8 very light** | **1** | **1 very weak** |
| **- 9 very light** | **2** | **2 weak** |
| **-10 Fairly light** | **3** | **3 Moderate** |
| **-11 Fairly light** | **4** | **4 Somewhat strong** |
| **-12 Some what hard** | **5** | **5 Strong** |
| **-13 Some what hard** | **6** | **6 very strong** |
| **-14 hard** | **7** | **7 very strong** |
| **-15 hard** | **8** | **8 very strong** |
| **-16 very hard** | **9** | **9 very very strong** |
| **-17 very hard** | **10** | **10 maximal** |
| **-18 very very hard** |  |  |
| **-19 very very hard** |  |  |
| **- 20 very very hard** |  |  |