

RPE**RIR****EFFORT LEVEL**

10	0	Maximum reps and load achieved
9.5	0	Can't do more reps, but could increase load incrementally
9	1	Effort reaching maximum. Could have done 1 more rep at a push
8.5	1	Effort reaching maximum. Could have done 1 more rep comfortably
8	2	Hard Effort. Could have done 2 more reps at a push
7.5	2	Hard Effort. Could have done 2 more reps comfortably
7	3	Hard Effort. Could have done 3 more reps
6	4	Medium-Hard Effort. Could have done 4 more reps
5	5	Medium-Hard Effort. Could have done 5 more reps
4	6	Medium Effort. Could have done 6 more reps
3		
2	>6	Light or no effort
1		

RAW
STRENGTH