|  |  |
| --- | --- |
| **­6** |  |
| **7** | **Really, really easy** |
| **8** |  |
| **9** | **Really easy** |
| **10** |  |
| **11** | **Fairly easy** |
| **12** | **Moderate** |
| **13** | **Somewhat hard** |
| **14** |  |
| **15** | **Hard** |
| **16** |  |
| **17** | **Really hard** |
| **18** |  |
| **19** | **Really, really hard** |
| **20** | **Maximum effort** |

**BORG SCALE OF PERCEIVED EXERTION**

Borg G. Psychophysical bases of perceived exertion. Med Sci Sports Exerc 1982: 14:377-381.