



# FIT CHICKS “Rate of Perceived Exertion” CHART

PRE Perceived Rate of Exertion SCALE 1–10	% Max Heart Rate	How I’m Feeling		Description
1–4	< 50%		Aerobic, Endurance, Recovery	Barely working. Could do this all day!
5–6	55%			Just warming up or cooling down. Feeling a little toasty! You're breathing a little faster.
6.5–7	65%–70%		Aerobic	Breaking a sweat and breathing is getting faster (like a fast walk)
7.5	75%			Feels like work but you can sustain it
8	80%			Working hard! You can talk but its getting tougher
8.5	85%		Anaerobic	Sweating and working VERY hard but you can still push a little more
9	90%			Really pushing chicks! Can only stay here 30 secs – 1 min (you can do it!).
9.5	95%		Anaerobic	Breathing is very fast. Only stay here about 20 secs
10	100%			Max effort! This is your limit.

## Working at your 9 out of 10.

To get the benefits HIIT, you NEED to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals. At FIT CHICKS, we call this “Working at your 9 out of 10” to ensure our chicks are getting the max results from their high intensity interval bootcamp classes.

## How to measure your 9 out of 10?

Working to your “9 out of 10” is part of the “RATE OF PERCEIVED EXERTION” (or RPE). This 1–10 scale is an easy, amazing way for any chick to measure her exercise intensity without having to use any equipment (ie a heart rate monitor).