



## RPE/RIR Chart

RPE	RIR	Description
10	0	Max effort - no reps left, absolute failure
9.5	0-1	Maybe could have done one more rep
9	1	Could definitely do one more rep
8.5	1-2	Could maybe do two more reps
8	2	Could definitely do two more reps
7.5	2-3	Could maybe do three more reps
7	3	Could definitely do three more reps
6	4+	Very easy, warm-up intensity
5 or lower	5+	Too light to count as work set