TALKGYM

RPE chart for lifting

Rate of perceived exertion tied to reps in reserve: how many more reps you could have done.

Online, with updates

RPE	Reps in reserve	What it feels like
10	0	Could not do another rep
9.5	0 to 1	Maybe one more rep, maybe more weight
9	1	One more rep left
8.5	1 to 2	One rep definitely, maybe two
8	2	Two more reps left
7	3	Three more reps left
5 to 6	4 to 6	Moderate effort

Sources: Zourdos et al., Journal of Strength and Conditioning Research 30(1), 2016. Checked October 2026.
Scale: Zourdos et al., J Strength Cond Res 30(1):267-275 (2016). Example: 5 reps at RPE 8 means a weight you could lift about 7 times.