

Complete a Home Circuit



Tracking your physical effort through the Rate of Perceived Exertion (RPE) scale is easy and a great skill to master. RPE is a subjective measure of how hard a person is working during a physical activity. The scale is based on your elevated heart rate, increased breathing, and muscle fatigue. During your activity, use the RPE Scale to assign numbers to how you feel.

Build an at home circuit, choosing 3-4 exercises from each list:

Alternate cardio and strength exercise in short bursts of 30 seconds to 3 minutes, then repeat the circuit two to three times. Don't forget to rest between the exercises! As you are performing each exercise, pay attention to your heart rate and breathing. Is the exercise a level 2-3 on the RPE scale? Is the exercise at a level 9? Write down the levels of exertion per exercise.

Cardio and Strengthening Exercises:

- Jumping Jacks
- Plank and side plank
- Jump Rope
- Pushups
- Mountain climbers
- Walking in place
- High Knees
- Sit-ups or crunches
- Squats
- Burpees
- Lunges

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY - Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9 /	VERY HARD ACTIVITY - Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8 /	VIGOROUS ACTIVITY - Borderline uncomfortable. Short of breath, can speak a sentence.
4-6 /	MODERATE ACTIVITY - Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3 /	LIGHT ACTIVITY - Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1 /	VERY LIGHT ACTIVITY - Hardly any exertion, but more than sleeping, watching TV, etc.

Recommendations from the Centers for Disease Control and Prevention (CDC).

Name of Exercise	Level of RPE

Now that you have a better understanding of which exercises increase your heart rate by comparing it to the RPE level descriptions, you are ready to create your own individualized fitness program! Alternate high exertion exercises with lower exertion exercises to allow adequate recovery periods.

Submit your skill builder to NMPSIA.wellness@phs.org by March 10 to be eligible for a prize!

Name: _____

Email: _____

Wellness Ambassador: _____

