

WEIGHT LIFTING INTENSITY SCALE

1	Very easy: Too easy to be noticed, like lifting a pencil.
2	Easy: Can be felt, but isn't fatiguing, like carrying a book.
3	Moderate: Fatiguing only if prolonged, like carrying a full handbag that seems heavier as the day goes on.
4	<u>Hard: More than moderate at first, and becomes difficult by the time you complete six or seven repetitions. You can make the effort eight times in good form, but need to rest afterward.</u>
5	Extremely hard: Requires all your strength, like lifting a piece of heavy furniture that you can raise only once, if at all.

