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1RM RPE

1RM 

1RM 

1RM 


 5RM 
 5 
 6 

 1RM   100KG/10    
 133KG  113.3KG/6 

 85% 


 "APP 1RM 1RM

OMNI-RPE( $\square\square\square$  RPE)

PRE  Borg  OMNI  OMNI  RPE  0

10

☐ 0 Extremely Easy ( ☐ )

- 2 Easy( )
- 4 Somewhat easy( )
- 6 Somewhat hard( )
- 8 Hard( )
- 10 Extremely hard( )

1RM RPE

2 1KG 50  
10KG

8~15RM

“ ” 1 2

15RM

15  
8~10RM








1~5RM

Diagram illustrating the structure of the RPE register (32 bits total):

- Top section: 16 bits (16 sub-fields)
- Middle section: 1 bit (1 sub-field)
- Bottom section: 15 bits (15 sub-fields)

||||| RPE |||| 6 |||||

[illegible]



[illegible][illegible][illegible]

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<http://forms.acsm.org/15TPC/PDFs/37%20Weaver.pdf>

<http://rportal.lib.ntnu.edu.tw/bitstream/20.500.12235/105606/2/n069330041902.pdf>