

Human Centered Training: Perceived Exertion as Main Parameter for Training Adaption

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- Intensiteit belangrijke factor voor gezonde training
- Hoe meten?
 - Target Heart Rate
 - Rating of Perceived Exertion (RPE)

RPE	Perceived Exertion
6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion



