

# **Borg CR10 Scale**

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<b>0</b>	<b>NOTHING AT ALL</b>
<b>0.5</b>	<b>EXTREMELY LIGHT</b>
<b>1</b>	<b>VERY LIGHT</b>
<b>2</b>	<b>LIGHT</b>
<b>3</b>	<b>MODERATE</b>
<b>4</b>	
<b>5</b>	<b>HARD</b>
<b>6</b>	
<b>7</b>	<b>VERY HARD</b>
<b>8</b>	
<b>9</b>	
<b>10</b>	<b>EXTREMELY HARD (MAXIMAL)</b>