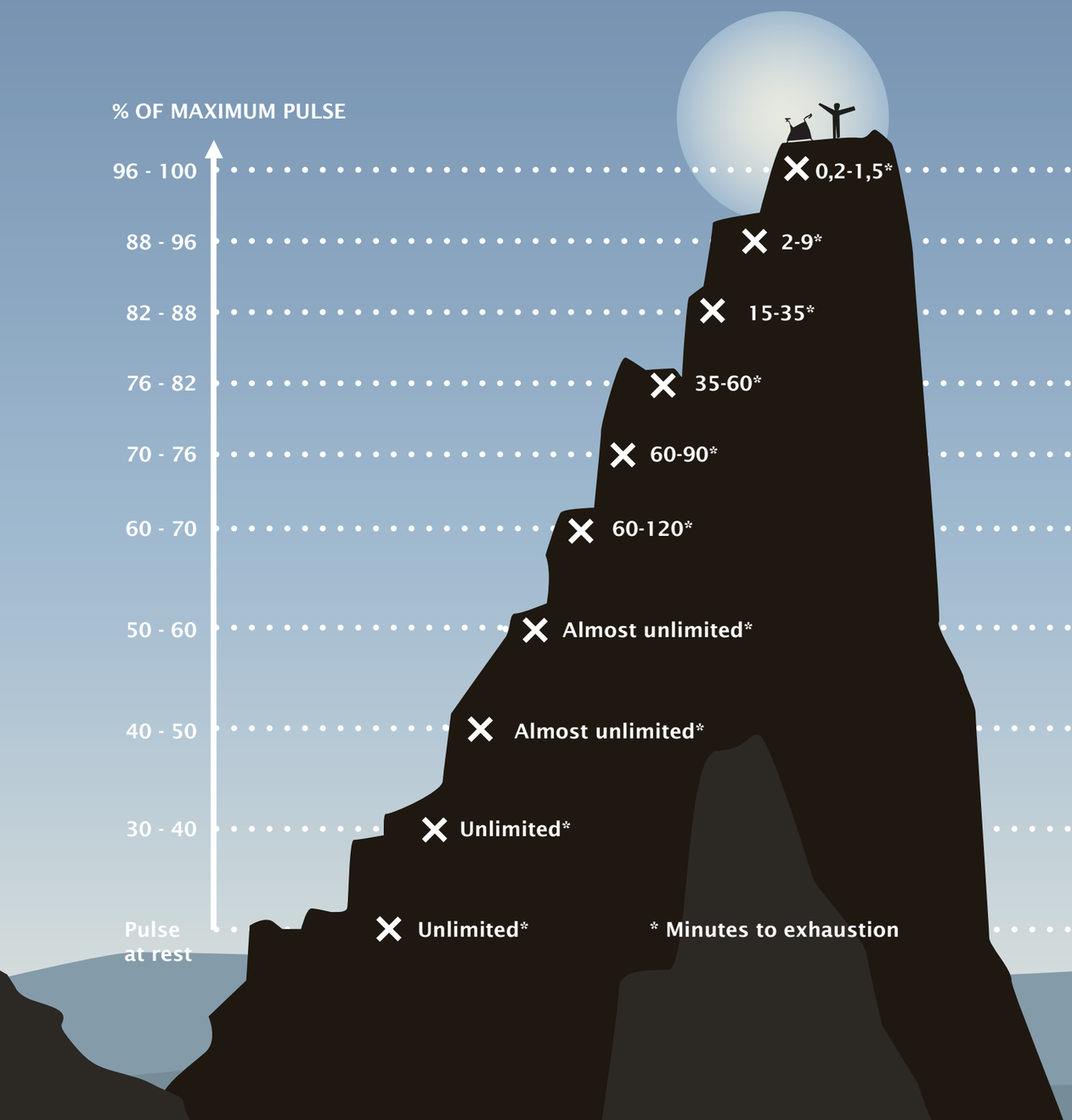
INTENSITY SCALE



10: Maximum work load with lactic acid production
"You are pushing yourself to the maximum limit"

9: Extremely hard work with lactic acid at a high level
"Hot burning sensation in muscles and non-rhythmic breathing"

8: Hard work with tolerable lactic acid level
"Burning sensation in muscles and heavy breathing with difficulties talking"

7: Strenuous work with lactic acid at a low level
"Beginning burning sensation in muscles and rhythmic but quick breathing"

6: Slightly strenuous work
"No burning sensation in muscles and possible to have short conversations"

5: Moderate training
"Breathing level allows almost normal conversation"

4: Relatively light work
"Slightly increased breathing"

3: Light work
"Comfortable warm-up"

2: Very light work
"Everyday physical activity"

1: No work
"Inactive"

Illustration created by BODY BIKE International A/S based on the intensity scale by Brian Overkjær and DGI