

# The Components of Exertion

<b>Heart Rate</b>	<b>Breathing</b>	<b>Power</b>	<b>Tempo</b>	<b>Intensity</b>
<b>96-100%</b>	<b>Hyper</b>	<b>Strained</b>	<b>Very Fast</b>	<b>Very Uncomfortable</b>
<b>90-95%</b>	<b>Labored</b>	<b>Forced</b>	<b>Fast</b>	<b>Uncomfortable</b>
<b>80-89%</b>	<b>Heavy</b>	<b>Pressed</b>	<b>Rapid</b>	<b>Tolerable</b>
<b>70-79%</b>	<b>Huffing</b>	<b>Relaxed</b>	<b>Quick</b>	<b>Comfortable</b>
<b>60-69%</b>	<b>Conversational</b>	<b>Held Back</b>	<b>Slow</b>	<b>Very Comfortable</b>
<b>50-59%</b>	<b>Normal</b>	<b>Gentle</b>	<b>Very Slow</b>	<b>Soothing</b>