# INTENSITY SCALE

**BODY BIKE®**
INDOOR CYCLE

**% OF MAXIMUM PULSE**

| | |
|---|---|
| 96 - 100 | ✗ 0,2-1,5* |
| 88 - 96 | ✗ 2-9* |
| 82 - 88 | ✗ 15-35* |
| 76 - 82 | ✗ 35-60* |
| 70 - 76 | ✗ 60-90* |
| 60 - 70 | ✗ 60-120* |
| 50 - 60 | ✗ Almost unlimited* |
| 40 - 50 | ✗ Almost unlimited* |
| 30 - 40 | ✗ Unlimited* |
| Pulse at rest | ✗ Unlimited*     * Minutes to exhaustion |

**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"*