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Using the Borg Scale of Perceived Exertion, Don't concern yourself with any one factor such as leg pain, shortness of breath or how hard the work is.

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for beginners and pros alike, the Borg Scale of Perceived Exertion can be a powerful resource (Borg, Gunnar. Borg's Perceived Exertion and Pain Scales

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Borg's rating of perceived exertion scales: PARTICIPANTS: Nineteen subjects with brain injury, 16 with chronic low back pain (CLBP), and 20 healthy controls.

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The increase of perceived exertion, aches and pain in Estimates of perceived exertion and feelings of aches or pain in the legs were recorded using Borg's

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validated products of Dr. Gunnar Borg s research in perceived exertion and fatigue, breathlessness and difficulties breathing (dyspnea), chest pain

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Borg scales (borg rpe scale / borg cr10 scale)

Borg CR10 scale Gunnar Borg CR10 Scale" is a general method for measuring most kinds of perceptions and experiences, including pain and also perceived exertion

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One way to gauge how hard you are exercising is to use the Borg Scale of Perceived Exertion. The Borg Scale takes into Gunnar Borg, who created the scale,

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