

RPE and reps in reserve card

RIR is your estimate of how many more complete repetitions you could have performed before momentary muscular failure.

RPE	Reps in reserve (RIR)	What it means
10	0	No further complete repetition can be performed through the range with the required form.
9	About 1	About one good repetition remained.
8	About 2	About two good repetitions remained.
7	About 3	A set ending at about 3 RIR is less demanding than one ending at 1 RIR.

Read this before you use it

- These are subjective training anchors, not objective measurements or a universal mathematical conversion across the entire scale.
- No universally optimal RIR has been established, and every set need not reach 0 RIR.
- Beginners can use them to learn what easy and genuinely challenging sets feel like, but early estimates should be treated as estimates rather than exact facts.

Practice log: guess, then check

On a safe exercise (a machine, or with a spotter), note the reps you think you have left, then keep going with good form to see how many you really had.

Date	Exercise	Weight	Reps done	Guessed RIR	Reps actually left	Difference

Full guide and sources: bodywise.io/hub/rir-and-rpe-explained · Working weight for a target RPE: bodywise.io/hub/tools/rpe-rir-calculator