

# Legend



## What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

**Always consult with your physician before starting any new exercise program!**

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# BOSS Power Walk

15 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Day 1			6	4	1					
Day 2			5.5	4.5	1					
Day 3			6	3.5	1.5	0.5				
Day 4			5	3.5	2.5	0.5				
Day 5			4.5	3.5	2.5	1				
Day 6			4	4	2.5	1.5				
Day 7			3.5	3.5	3.5	1.5				
Day 8			2.5	3.5	3.5	2				
Day 9			2	3	4	2				
Day 10			1.5	3.5	4.5	2				
Day 11			1.5	3.5	4.5	2.5				
Day 12			1.5	2.5	5	2.5				
Day 13			1.5	2.5	5	2.5	0.5			
Day 14			1	2	5.5	2.5	0.5			
Day 15			0.5	1.5	5	3.5	0.5			
Day 16			1	1	5	4	1			
Day 17			0.5	0.5	6	3.5	1			
Day 18					6.5	4	1			
Day 19					5.5	4.5	1			
Day 20					6	4	1			
Day 21					6	4	1			
Day 22					6	4	1			
Day 23					6	4	1			
Day 24					6	4	1			
Day 25					6	4	1			

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# BOSS Power Walk

30 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Day 1			13	8	2					
Day 2			12	7	2					
Day 3			10	7	3	0.5				
Day 4			9	7	3	1				
Day 5			8	7	4	1.5				
Day 6			7	7	5	2				
Day 7			6	6	6	3				
Day 8			5	6	6	3				
Day 9			4	6	7	4				
Day 10			3	6	8	4				
Day 11			3.5	5.5	7.5	4.5				
Day 12			2.5	5.5	8	4.5	0.5			
Day 13			2.5	4.5	9	4.5	0.5			
Day 14			2	3.5	9	5.5	1			
Day 15			1.5	2.5	10	5.5	1			
Day 16			1	2	10.5	6	1.5			
Day 17			0.5	1	11	6.5	1.5			
Day 18					11	7	2.5			
Day 19					12	7	2			
Day 20					13	8	2			
Day 21					13	8	2			
Day 22					13	8	2			
Day 23					13	8	2			
Day 24					13	8	2			
Day 25					13	8	2			

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# BOSS Power Walk

45 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Day 1			19.5	12.5	3					
Day 2			19.5	12.5	3.5					
Day 3			18	12	5	1				
Day 4			16	11.5	6	2				
Day 5			14	12	7	2.5				
Day 6			12.5	11.5	8	3.5				
Day 7			10	11	10	4.5				
Day 8			9	10	11	5.5				
Day 9			7	10.5	12.5	6				
Day 10			5.5	10	13.5	6.5				
Day 11			5	10	14	6.5				
Day 12			5	9	14	7.5	0.5			
Day 13			4	7.5	15.5	7.5	1			
Day 14			4	6.5	15	9	1.5			
Day 15			2.5	4	17	10.5	1.5			
Day 16			1.5	2.5	18	10.5	2.5			
Day 17			1	1.5	18.5	12	2.5			
Day 18					20.5	12	3			
Day 19					19.5	12.5	3.5			
Day 20					19.5	12.5	3			
Day 21					19.5	12.5	3			
Day 22					19.5	12.5	3			
Day 23					19.5	12.5	3			
Day 24					19.5	12.5	3			
Day 25					19.5	12.5	3			

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# BOSS Power Walk

1 Hour



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Day 1			27	18	5					
Day 2			27.5	18.5	4.5					
Day 3			24.5	18	7	1.5				
Day 4			22	17.5	9	2.5				
Day 5			19.5	16.5	11	3.5				
Day 6			17	16	12	5.5				
Day 7			14	16	14	6.5				
Day 8			11.5	16	16	7.5				
Day 9			9.5	15	17	8.5				
Day 10			7.5	14.5	19	9.5				
Day 11			7.5	14.5	19	9.5				
Day 12			6	13	20	10.5	0.5			
Day 13			5	11	21	12.5	1.5			
Day 14			5	8.5	21.5	13	2.5			
Day 15			4	6.5	24	14	2.5			
Day 16			2.5	5	24.5	15	4			
Day 17			1.5	2.5	26	17	4			
Day 18					27	18	5.5			
Day 19					27.5	18.5	4.5			
Day 20					27	18	5			
Day 21					27	18	5			
Day 22					27	18	5			
Day 23					27	18	5			
Day 24					27	18	5			
Day 25					27	18	5			

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# BOSS Power Walk

1:15 Hours



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Day 1			35.5	23.5	6					
Day 2			36	23.5	6					
Day 3			32	22.5	9	2				
Day 4			29	22	11	3.5				
Day 5			26	21.5	13.5	4.5				
Day 6			22	21	15.5	6.5				
Day 7			19	20.5	18	8				
Day 8			16.5	19.5	20.5	9				
Day 9			13	18.5	23	11				
Day 10			10	18.5	25	12				
Day 11			10	18.5	24.5	12.5				
Day 12			9	16	26	13.5	1			
Day 13			7.5	14	27.5	15	1.5			
Day 14			6.5	11.5	29	16.5	2.5			
Day 15			4	8	31.5	18.5	4			
Day 16			2.5	5.5	32.5	21	4			
Day 17			1.5	2.5	34	22	5.5			
Day 18					34.5	24	7			
Day 19					35.5	24	6			
Day 20					35	24	6.5			
Day 21					35	24	6.5			
Day 22					35	24	6.5			
Day 23					35	24	6.5			
Day 24					35	24	6.5			
Day 25					35	24	6.5			

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# BOSS Power Walk

1:30 Hours



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1			44	29	7.5					
Day 2			43.5	29.5	7					
Day 3			39	28.5	10.5	2.5				
Day 4			34	27.5	14.5	4.5				
Day 5			30	27	17	6.5				
Day 6			26.5	25.5	20	8.5				
Day 7			22.5	24.5	22.5	10.5				
Day 8			18	24	26	12				
Day 9			15	24	29	14				
Day 10			12	24	32	16				
Day 11			12	23	30.5	15.5				
Day 12			10	20	32.5	17	1			
Day 13			9.5	17.5	33.5	18.5	2.5			
Day 14			7.5	14.5	36	20.5	2.5			
Day 15			6	11	37.5	22	4			
Day 16			4	7.5	39	25	5			
Day 17			2	4	41	27	6.5			
Day 18					44	29.5	7			
Day 19					43.5	29.5	7			
Day 20					44	29	7.5			
Day 21					44	29	7.5			
Day 22					44	29	7.5			
Day 23					44	29	7.5			
Day 24					44	29	7.5			
Day 25					44	29	7.5			

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