

Table S1 sRPE scale

Rating	Descriptor
0	Rest
1	Very,Very easy
2	Easy
3	Moderate
4	Somewhat Hard
5	Hard
6	.
7	Very Hard
8	.
9	.
10	Maximal

sRPE scale

How was your workout?

* How was your workout?

- ☐ 0-Rest
- ☐ 1-Very,Very Easy
- ☐ 2-Easy
- ☐ 3-Moderate
- ☐ 4-Somewhat Hard
- ☐ 5-Hard
- ☐ 6-
- ☐ 7-Very Hard
- ☐ 8-
- ☐ 9-
- ☐ 10-Maximal

Submit

Figure S1 Copy of electronic questionnaire(PC)

The image shows a mobile phone interface for the sRPE scale questionnaire. The screen displays the title 'sRPE scale' at the top, followed by the question 'How was your workout?'. Below this, there is a section titled '* How was your workout?' with a list of 11 radio button options: 0-Rest, 1-Very,Very Easy, 2-Easy, 3-Moderate, 4-Somewhat Hard, 5-Hard, 6-, 7-Very Hard, 8-, 9-, and 10-Maximal. The phone is shown in a light gray frame with a white screen.

Figure S2 Copy of electronic questionnaire(mobilephone)

sRPE scale

How was your workout?

* How was your workout?

- ☐ 0-Rest
- ☐ 1-Very,Very Easy
- ☐ 2-Easy
- ☐ 3-Moderate
- ☐ 4-Somewhat Hard
- ☐ 5-Hard
- ☐ 6-
- ☐ 7-Very Hard
- ☐ 8-
- ☐ 9-
- ☐ 10-Maximal