

How to Gauge Effort Levels in the Poses

1 : Minimal effort (0-25%): Lackadaisical, easy-going, hardly trying at all.
Signs: Staring out window, talking, looking at phone, facial expression, breathing.

2 : Some effort (26-50%): Focusing somewhat on the pose and instruction; mild to moderate pursuit of improvement.
Signs: No evidence of boredom or time-consciousness, firm grip, clear muscular activity.

3 : More effort (51-75%): Good, vigorous working with attention to detail and sharp focus on pressures generated.
Signs: Clearly some strain in muscles, possibly faster breathing, frequent adjustment/improvement during the pose, facial expression.

4 : Full effort (76-100%): Above normal energy and focus on the pose and its rigorous performance.
Signs: Not necessarily faster, but deeper breathing, possible tremor from exertion, constant readjustment to improve the pose.

One can be in a beginner pose and working with full effort.

One does NOT have to be in the classical version to be working with full effort.