

Cause & Effect

The Goal

The goal is to be able to bench press 120kg for 5 reps within 3-6 months.
My current one rep max is 90kg.

Cause & Effect Chains

- ❖ Effect: bench press 120kg for 5 reps
 - Cause: bench press 115kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day
- ❖ Effect: bench press 115kg for 5 reps
 - Cause: bench press 110kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day
- ❖ Effect: bench press 110kg for 5 reps
 - Cause: bench press 105kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day
- ❖ Effect: bench press 105kg for 5 reps
 - Cause: bench press 100kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day
- ❖ Effect: bench press 100kg for 5 reps
 - Cause: bench press 95kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day
- ❖ Effect: bench press 95kg for 5 reps
 - Cause: bench press 90kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day
- ❖ Effect: bench press 90kg for 5 reps
 - Cause: bench press 85kg for 8+ reps
 - Cause: strength training 3+ times per week
 - Cause: eat >250g of protein per day

Assumptions

- My strength progression will increase at a somewhat consistent rate
- I won't get injured at all during the course of the next 3-6 months
- Nothing extreme will happen that would cause my PT's gym to close down

Unknowns

- I don't know for certain how long it will take me to accomplish my goal, as I have no means for measuring my progress outside of my PT sessions
- I don't know what my physical limitations are (I know I can bench 90kg, but can I bench 120kg?)