Bench Press = f(Time)

It appears that muscles develop asymptotically if they are regularly trained. Here is some data showing strength improvement in the bench press for an individual over a period of time. Model the weight bench-pressed as a function of time. Interpolate to estimate the weight at 5 years. Use the inverse function to predict in when the weight would be double the original level.

Time (years)	Bench Press (Pounds)
0	100
1	190
2	250
3	300
10	390
15	400
20	400
30	400

Time (years)	Bench Press (Pounds)