Onboarding — 1RMs & Units

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|  Units: [kg] [lb]                      |
|                               |        |
|  Enter 1RMs                            |
|   - Squat: [   ] kg                    |
|   - Bench: [   ] kg                     |
|   - Deadlift: [   ] kg                 |
|                               |        |
|  [ Continue ]                          |
+--------------------------------------------+
```

Suggested Templates

```
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| 6-Week Soviet Peak   [Preview] [Start]      |
| 12-Week Deadlift Only [Preview] [Start]     |
| 12-Week Bench Only    [Preview] [Start]     |
| 8-Week Sheiko Volume  [Preview] [Start]     |
| Cube Method 3-Week    [Preview] [Start]     |
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```

Template Preview

```
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| Title, duration, focus                |
| Tabs: Overview | Weekly Plan | Requirements  |
| Overview: %1RM-based, rounding to 2.5 kg   |
| Button: [ Start Block ]             |
| Paywall banner if not premium          |
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```

Train — Week → Session

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| Week 2                          |
| Day 1: Squat/Bench              |
| Day 2: Deadlift/Bench           |
| Day 3: Bench Focus              |
| Day 4: Squat/Deadlift           |
+------------------------------------------+
| Session: Low Bar Squat 5x3 @ 80%      |
| Load: 200 kg  (rounded ↑2.5 kg)       |
| [ 5 ] sets                      |
|   - Set 1: [200] kg  reps [3]  RPE [   ]    |
|   - Set 2: [200] kg  reps [3]  RPE [   ]    |
|   ...                           |
| Accessories (fixed):            |
|   - Leg Curl 4x10               |
|   - Row 4x8                     |
| [ Complete Session ]            |
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```

Progress

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| Estimated 1RM Trend (S/B/D)          |
| PR List                         |
| Weekly Volume/Tonnage            |
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Profile & Subscription

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|  1RMs (edit)                      |
|  Preferences (kg/lb, theme)             |
|  Subscription: Premium status [Manage]     |
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```