

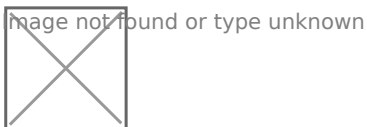
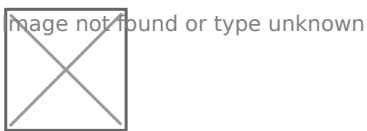
# How to record a sports activity using the Wahoo Fitness app

The Wahoo Fitness app provides the capability to record workouts even if you do not have Wahoo equipment. It's important to note that there is also a Wahoo Element app, but it is exclusive to Wahoo devices.

How to record a sports activity:

1. Press the "Workout" icon, which is usually located in the lower left corner of the app.
2. If you want to change the type of workout, select the desired workout type from the options provided. Please note that Wahoo offers a limited number of sports types, but after uploading the activity to DistantRace, it's possible to change the sport type in DistantRace if needed.
3. Wait until the phone finds the GPS signal, which is crucial for accurately tracking the workout.
4. Once the GPS signal is found, press the "Enter Workout" button on the screen.
5. On the next screen, press "Start" to begin recording the workout.
6. Ensure you carry your phone with you throughout the workout.
7. When you have finished the workout, press "Pause" and then "Stop".
8. To save the workout, press "Save Workout".

If your Wahoo Fitness app account is connected to DistantRace, the recorded workout will automatically be synchronized with DistantRace.



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