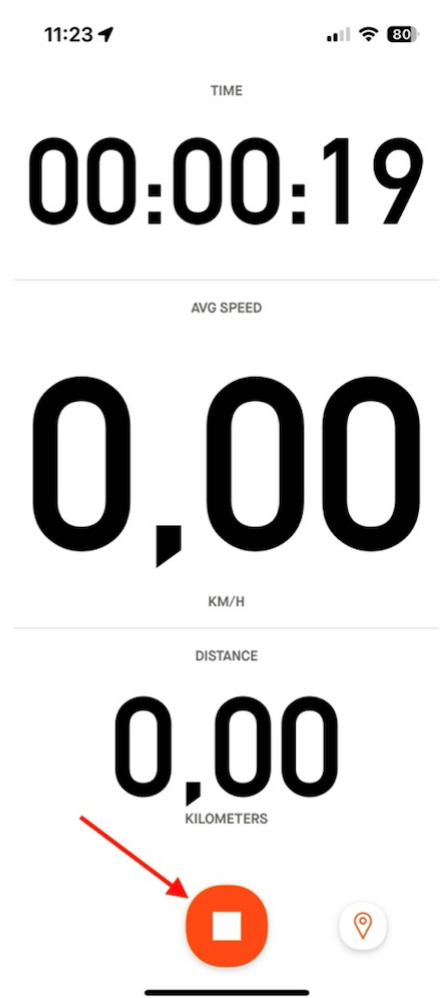
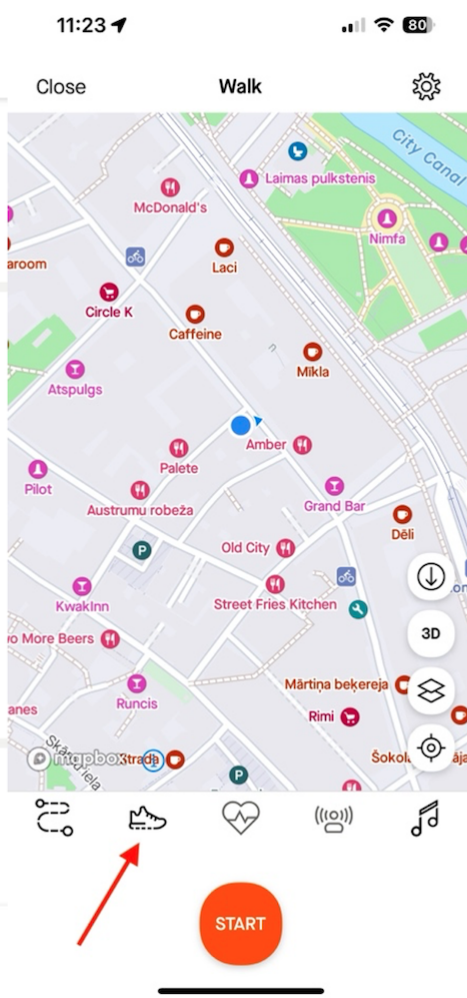
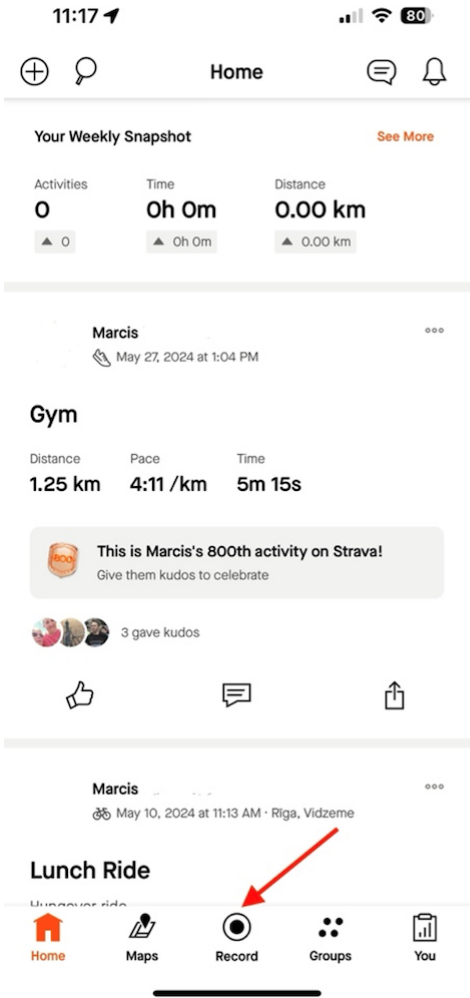


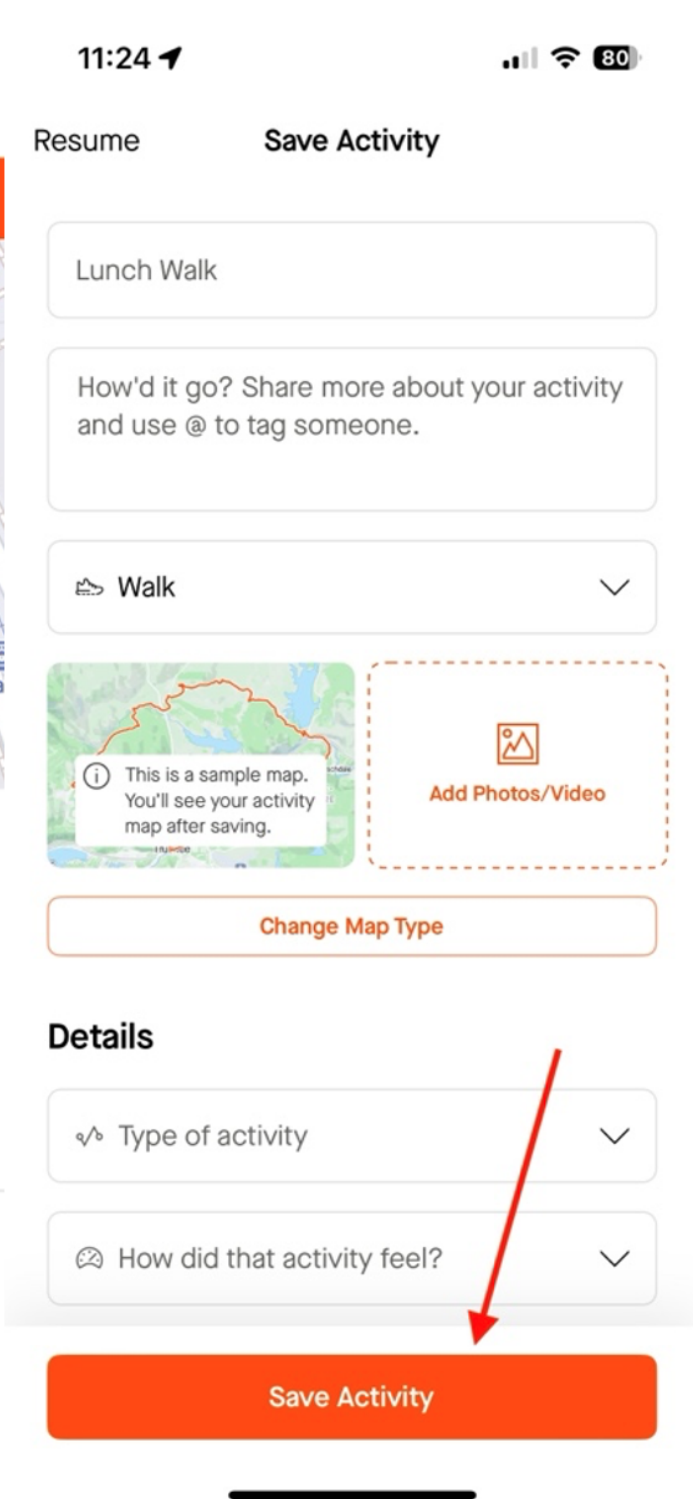
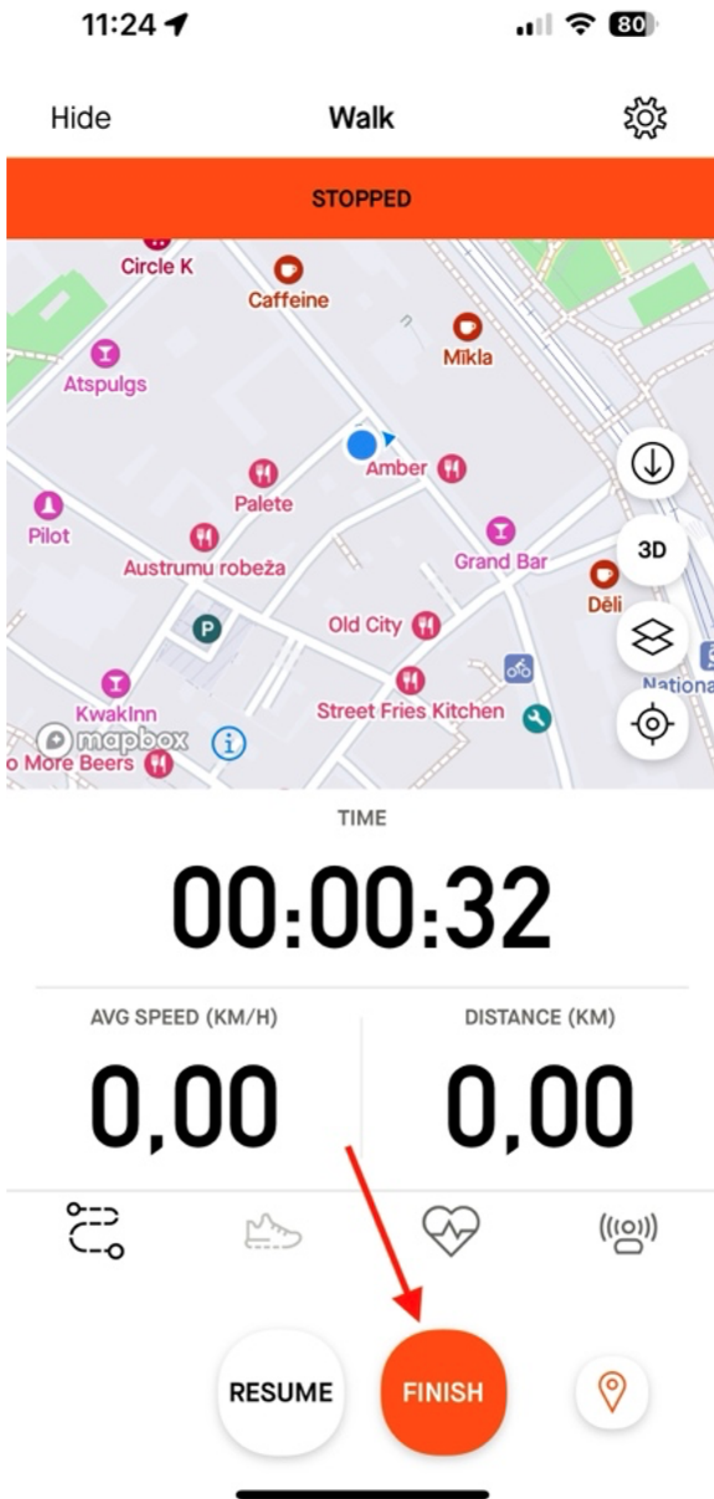
# Kā ierakstīt sporta aktivitāti, izmantojot lietotni Strava

Recording workouts with the Strava app is a user-friendly process available to both Android and iOS users.

How to record a sports activity:

1. Open the Strava app and press the "Record" button at the bottom center of the screen.
2. If you want to change the sport type of your workout, press the sport selection icon (second from the left) and choose the appropriate sport.
3. To start recording the activity, press the "Start" button. Go on your sporting activity and take your phone with you.
4. When the workout is finished, press the "Stop" button and then the "Finish" button.
5. Save the activity.
6. Once the activity is saved, Strava will send this activity to your DistantRace profile, and its results will be counted for all virtual events you are participating in.





Revision #3

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