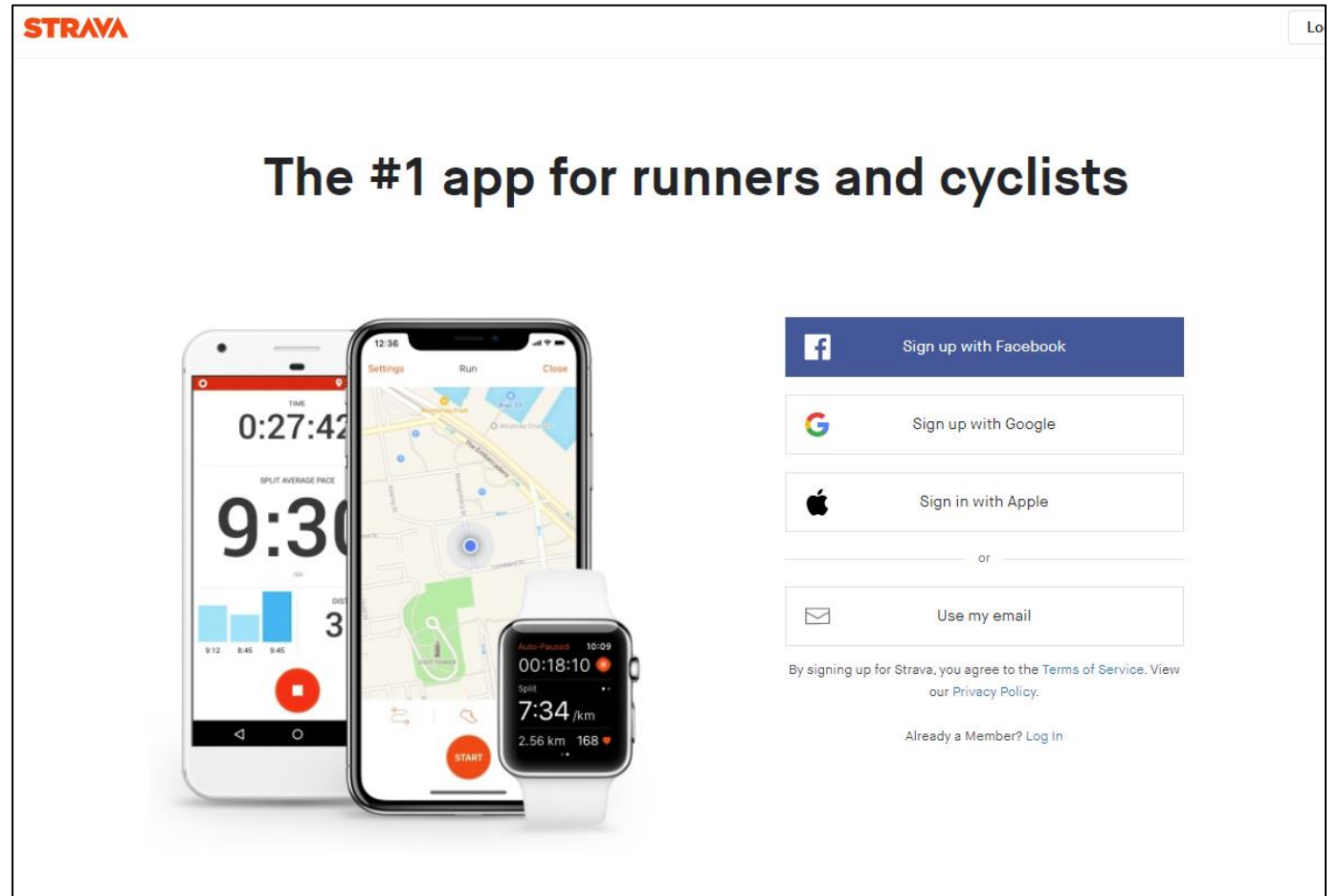
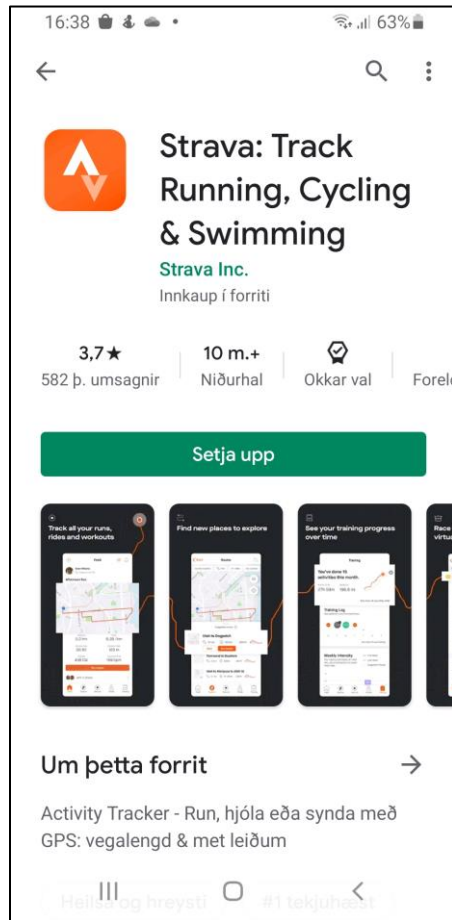


Sækja Strava appið




Nota fría áskrift

My Profile

- My Account
- My Performance
- Display Preferences
- Privacy Controls
- Data Permissions

Current Photo

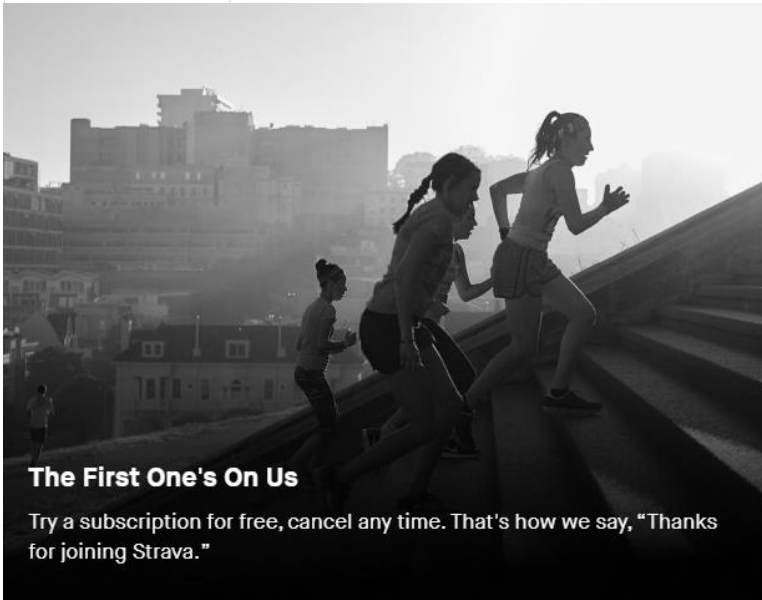


My Account

Email

Membership Status
Free Account

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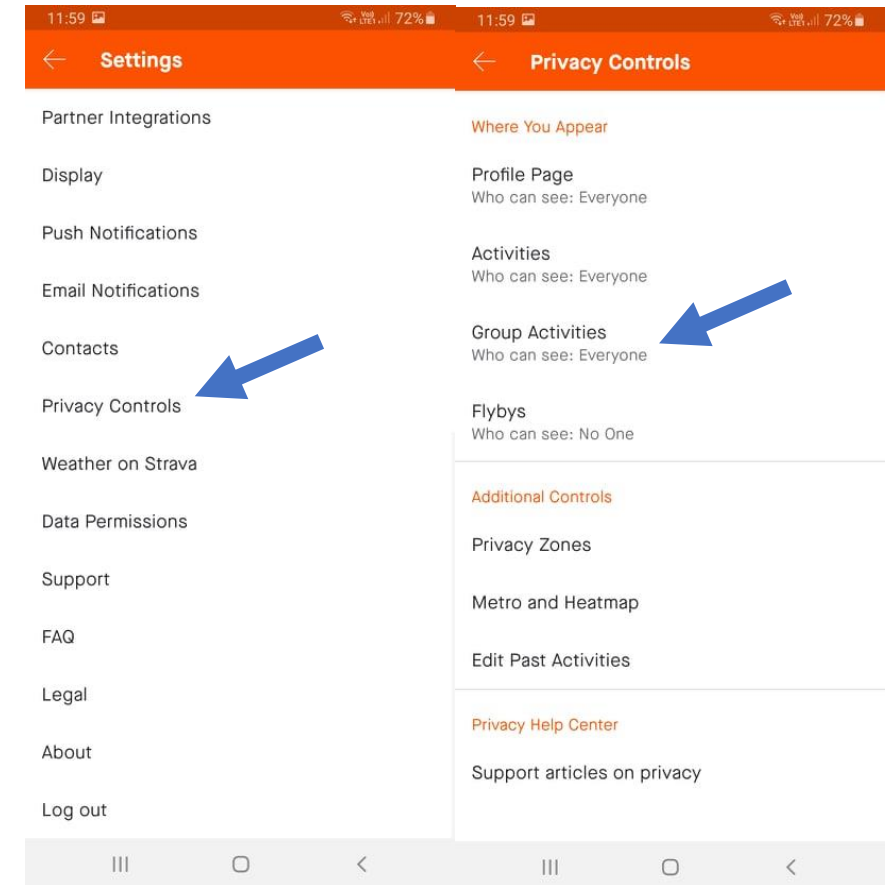
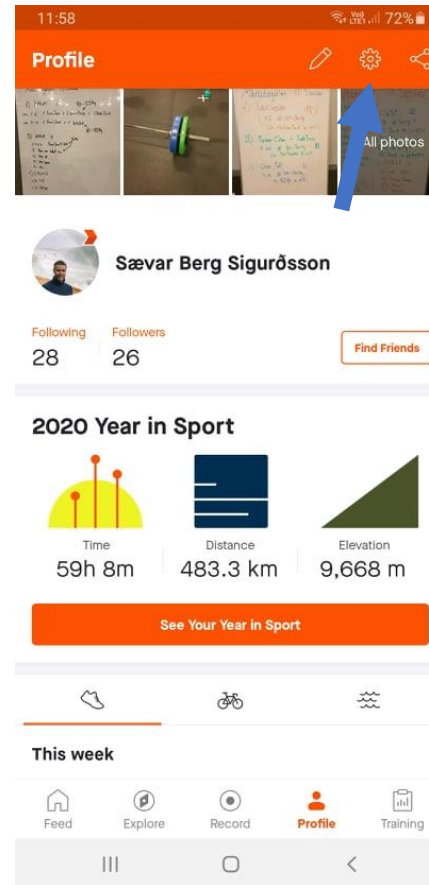
[Maybe Later](#) [Start Your Free Trial](#)

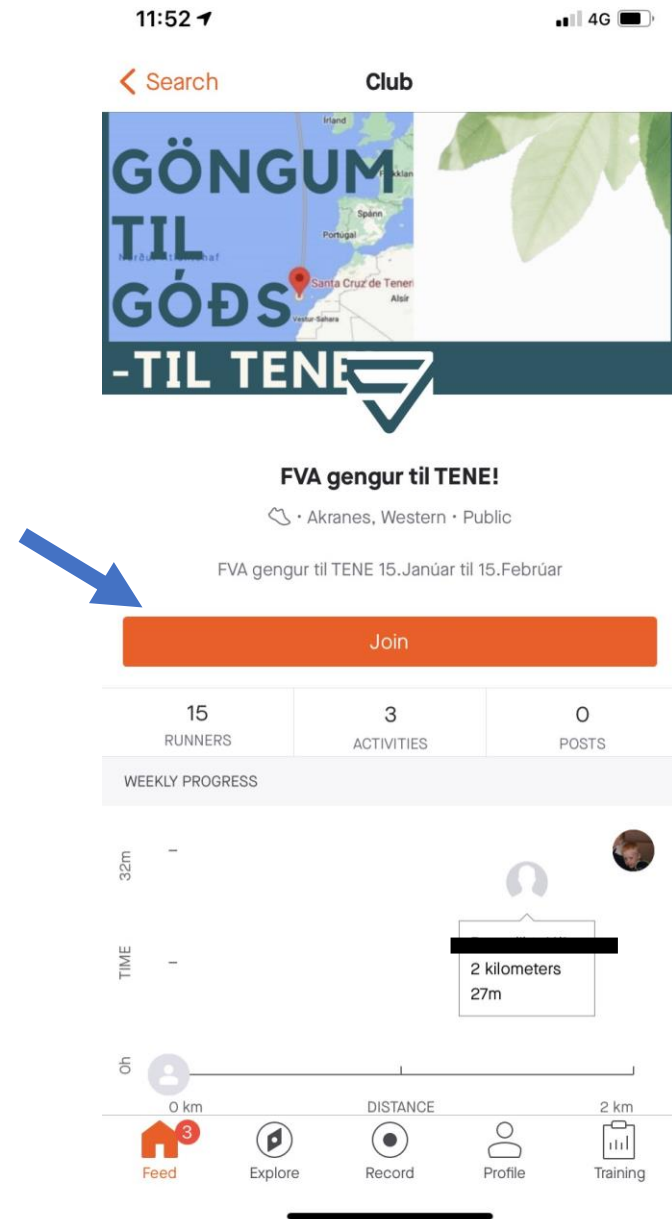
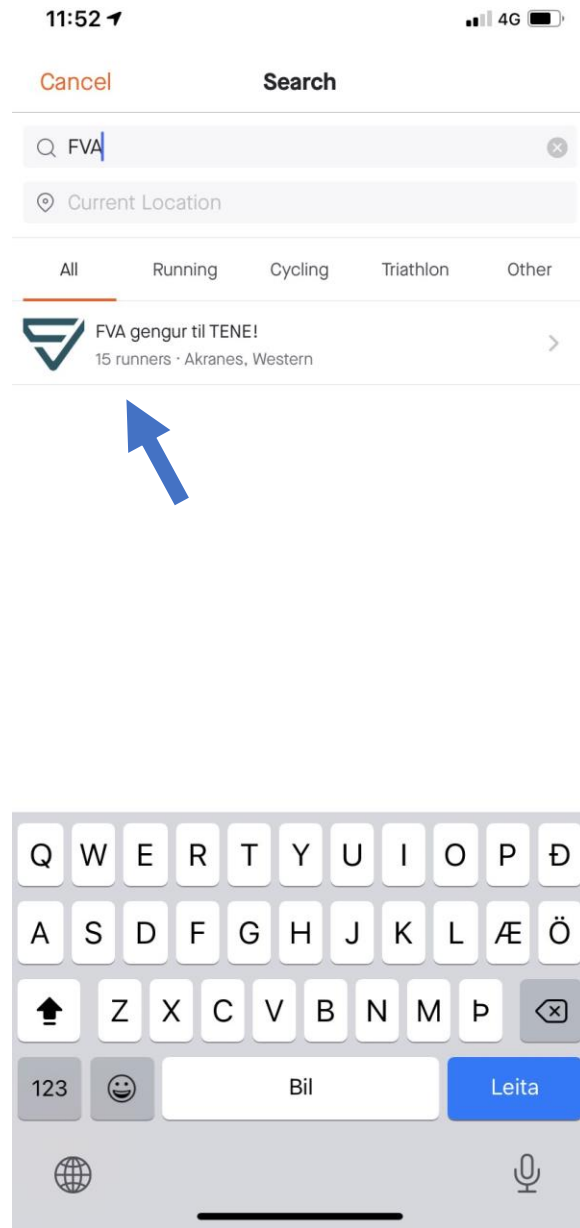
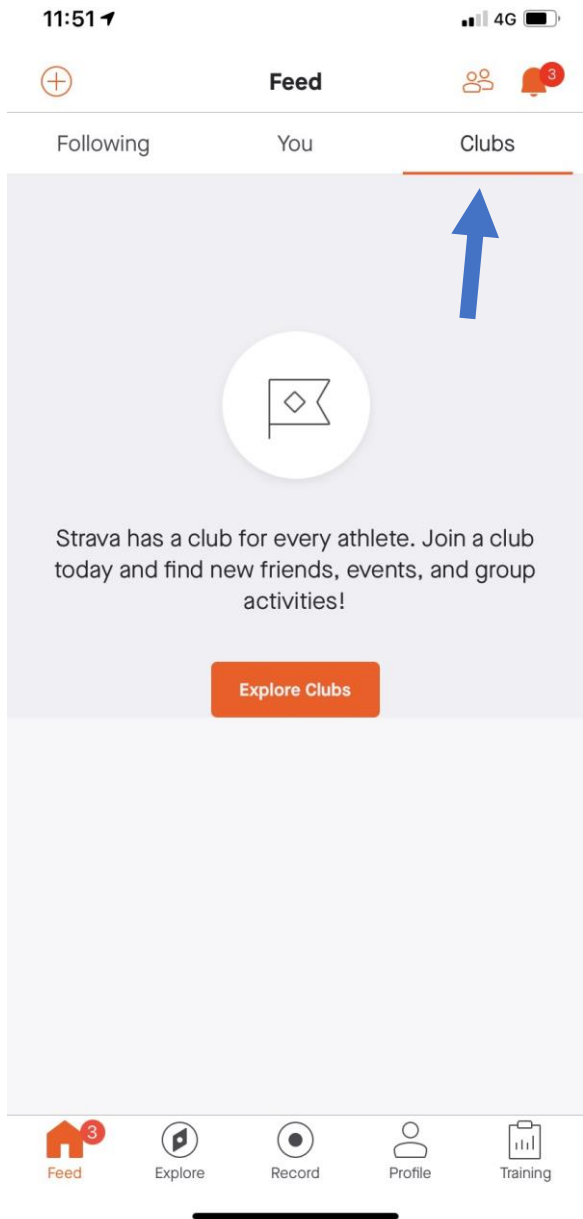
- Það þarf **ekki** smella á **Subscribe**

- Það þarf ekki að smella á „Start your free trial“
- Smella á „Maybe later“

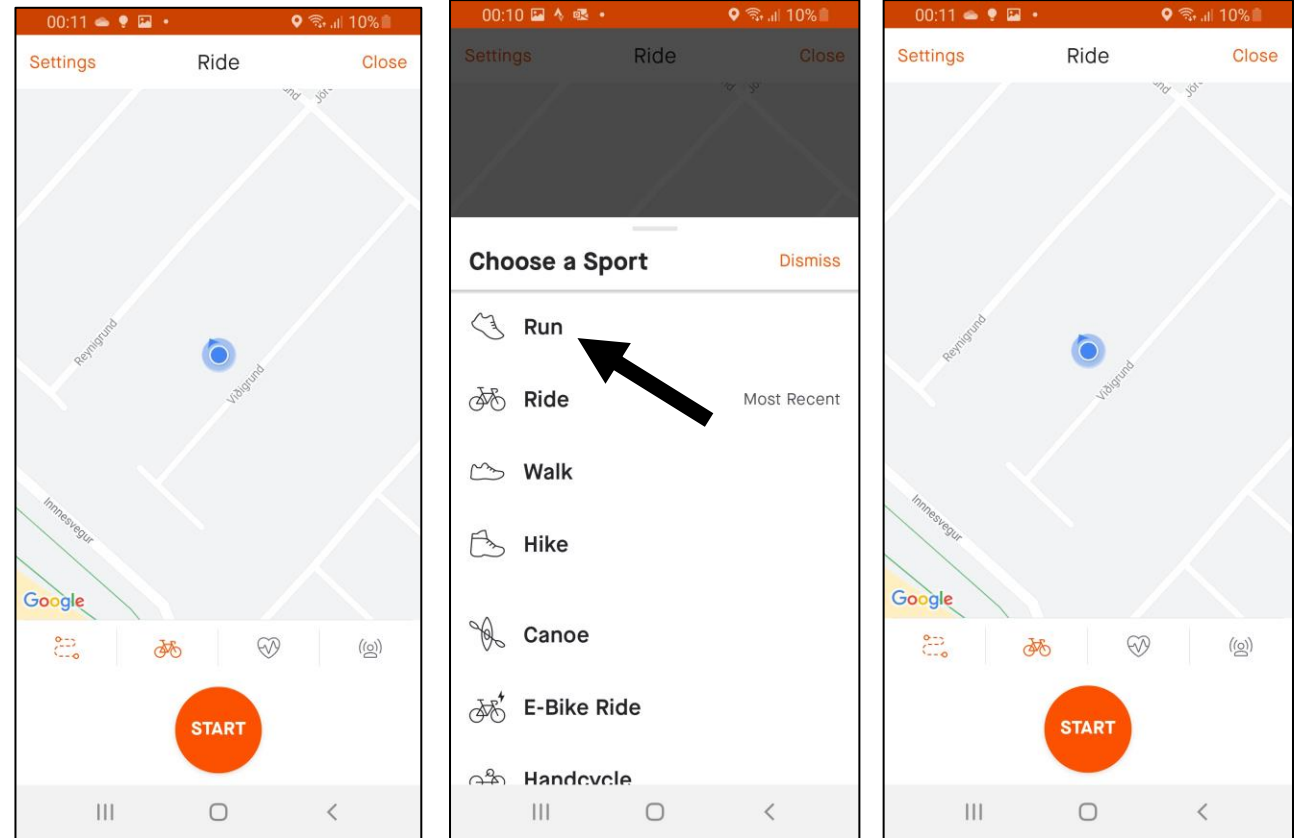
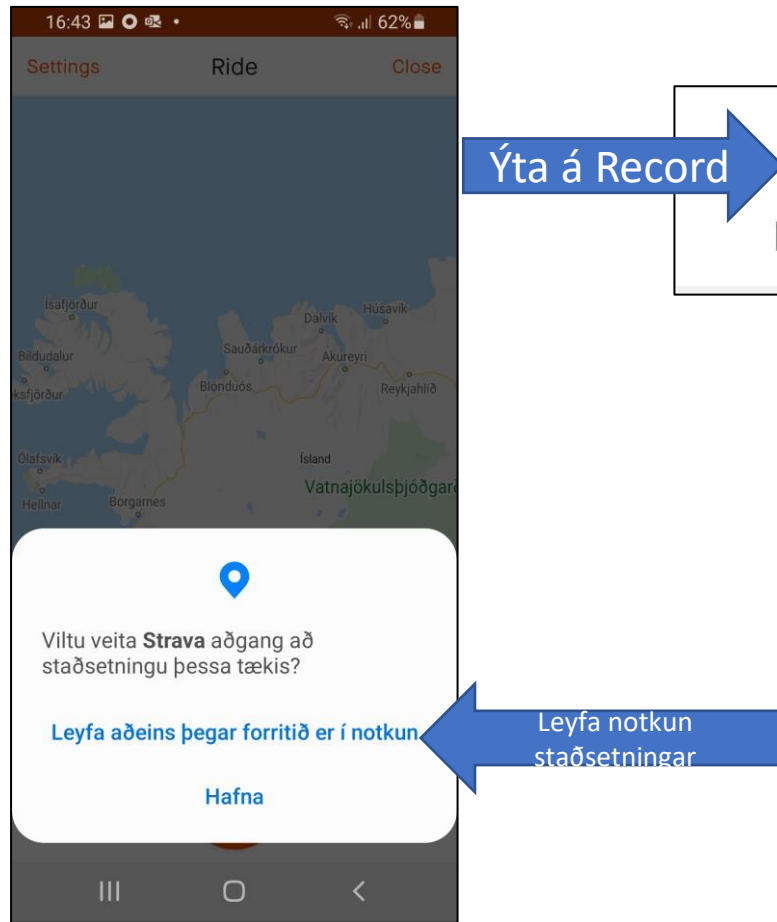
Ganga í klúbbinn & Privacy settings

- Klúbburinn heitir:
FVA Gengur til TENE!
- Hægt er að stilla þannig að þín hreyfing sé eingöngu sýnileg í grúbbuni.
- Profile = Everyone/Followers
- Activities = Everyone/Followers
- **Group Activites = Everyone**





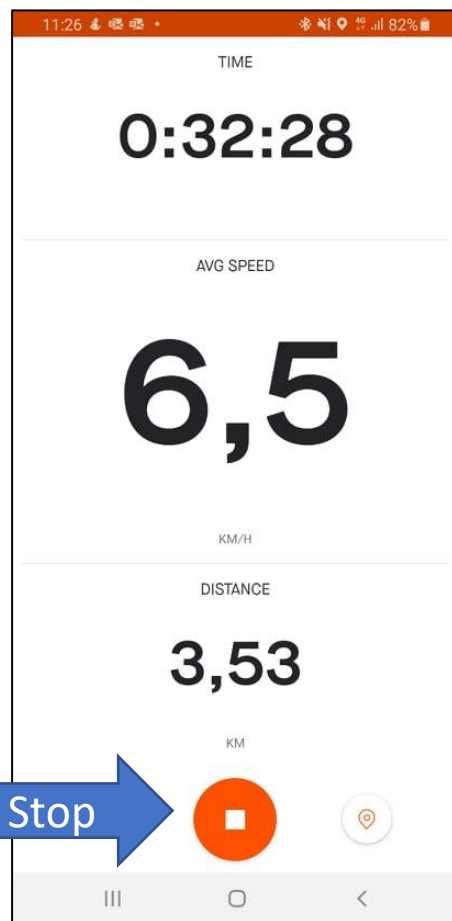
Hefja upptöku ...



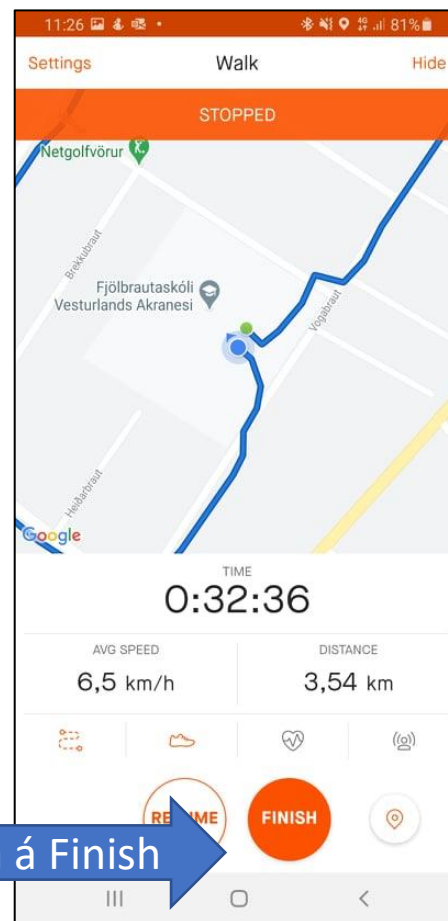
- Mikilvægt er að velja alltaf **RUN** Sama hvort verið sé að fara í göngutúr, hlaupa, hjóla eða synda.

... að æfingu lokinni

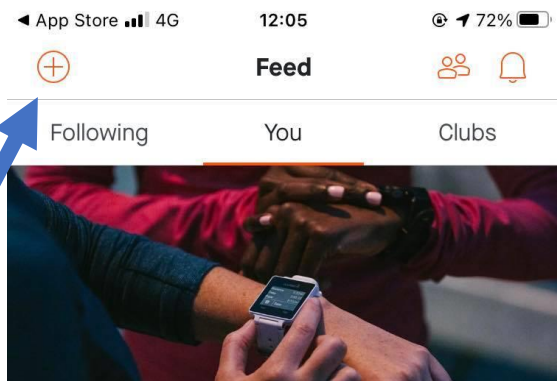
Eftir hreyfingu



Yta á Finish



...Eða stilla inn „Manual“



Getting Started

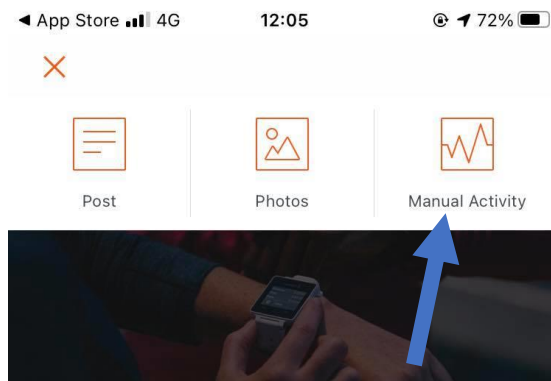
To get you started, we've detailed a few steps on how to get the most from Strava.

 Connect a GPS watch or computer

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Getting Started

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