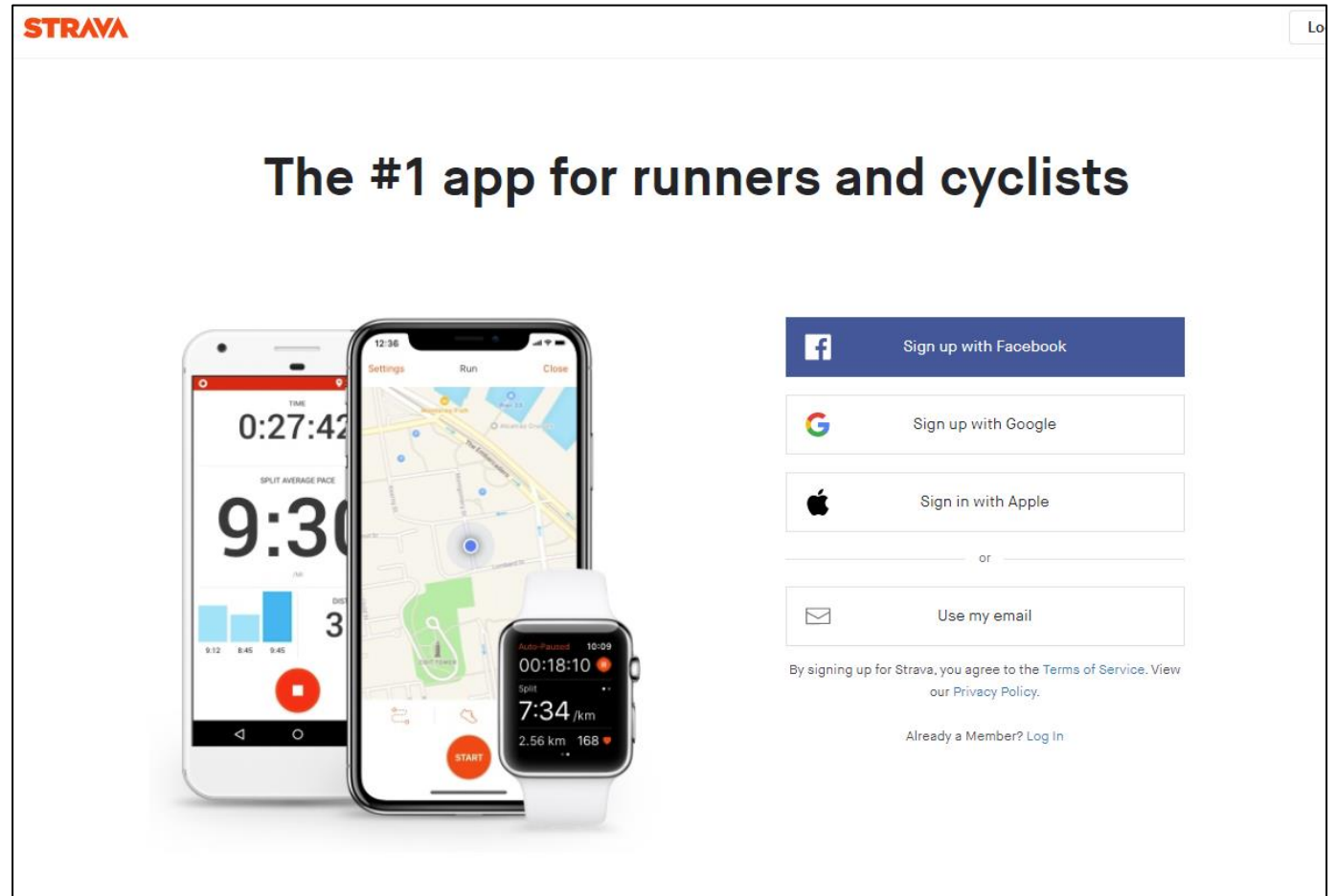
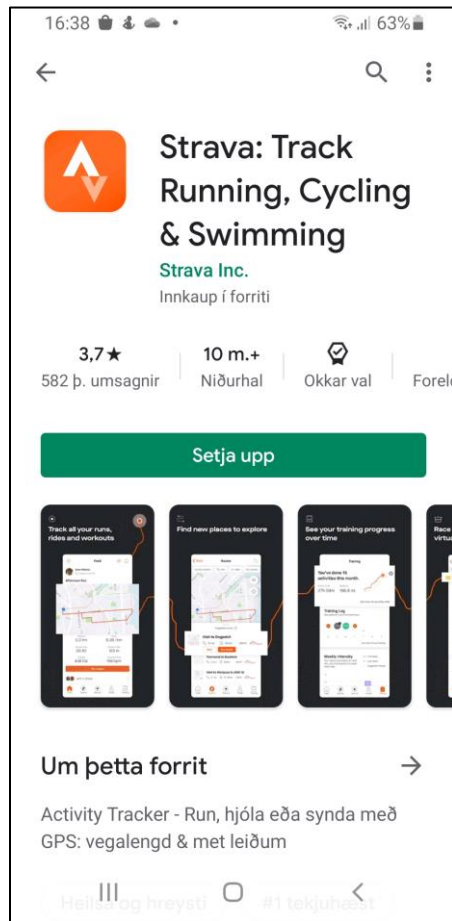


# Sækja Strava appið




# Nota fría áskrift

**My Profile**

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

Current Photo



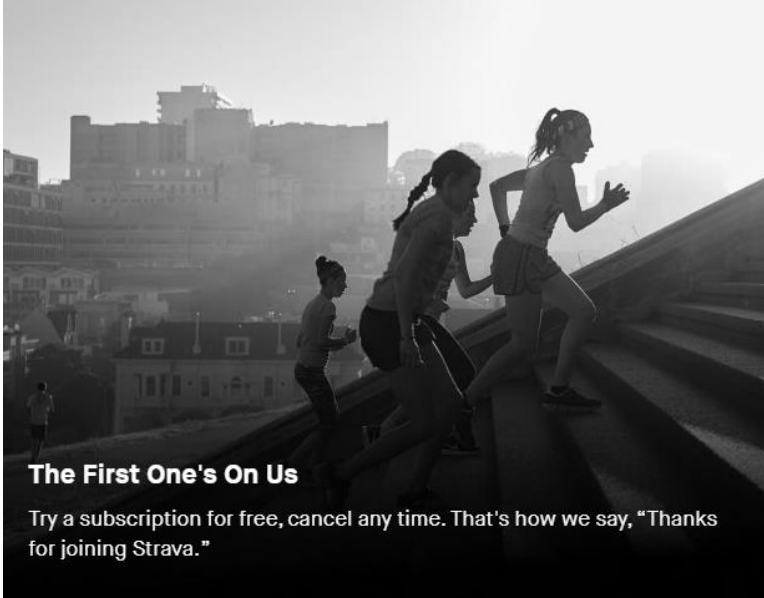
My Account

Email

Membership Status

Free Account

**Subscribe**



**The First One's On Us**

Try a subscription for free, cancel any time. That's how we say, "Thanks for joining Strava."

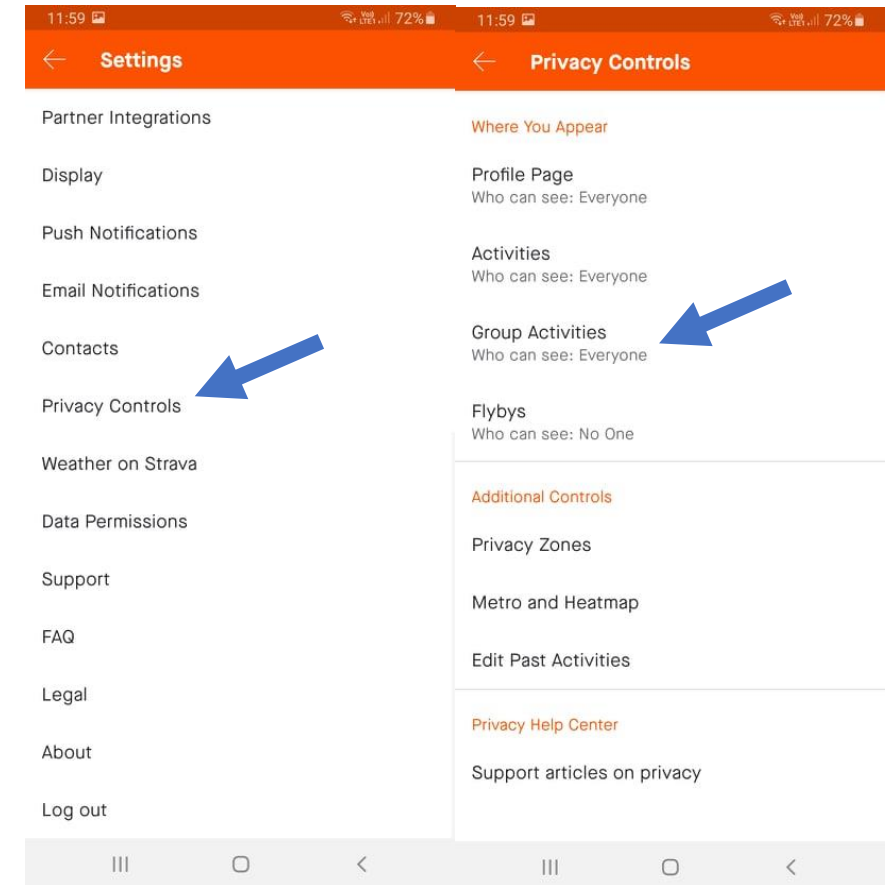
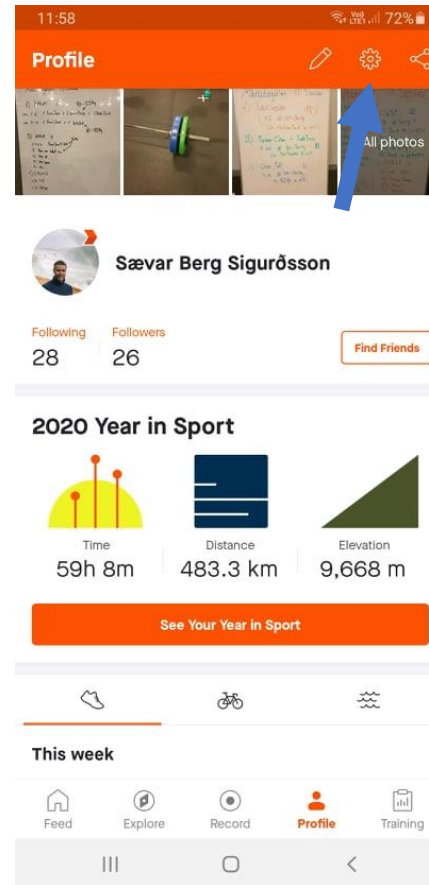
Maybe Later **Start Your Free Trial**

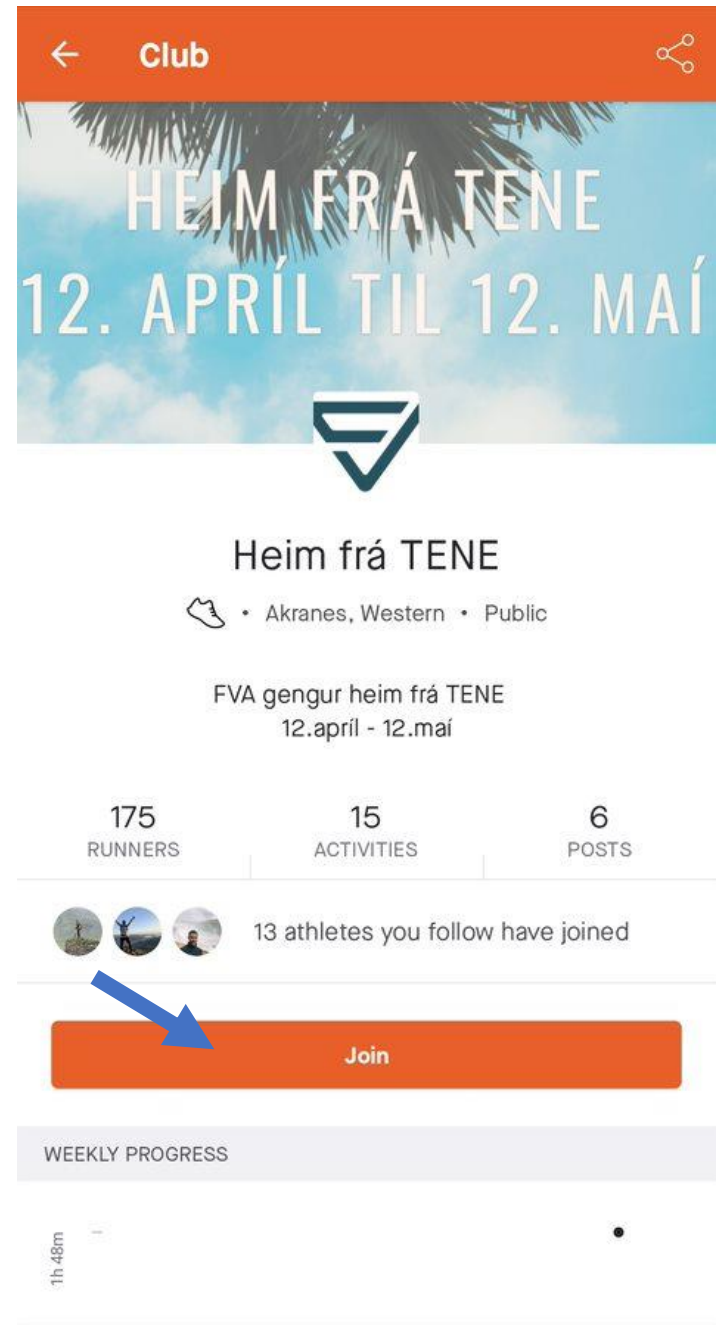
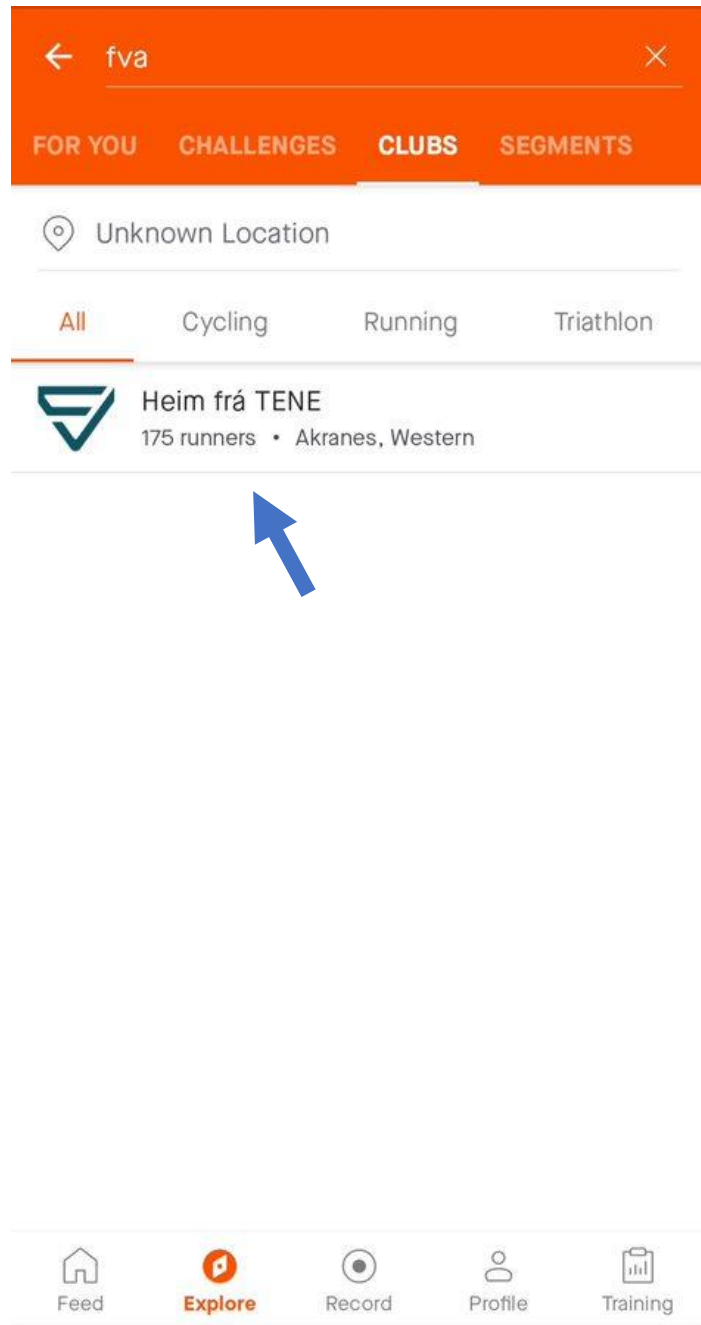
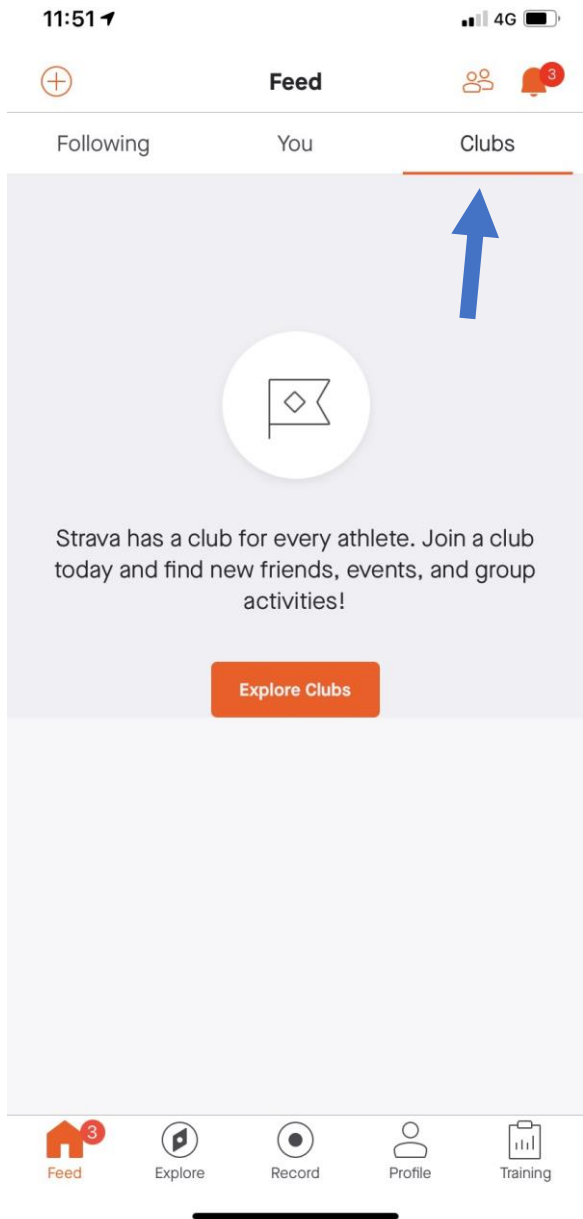
- Það þarf **ekki** smella á **Subscribe**

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

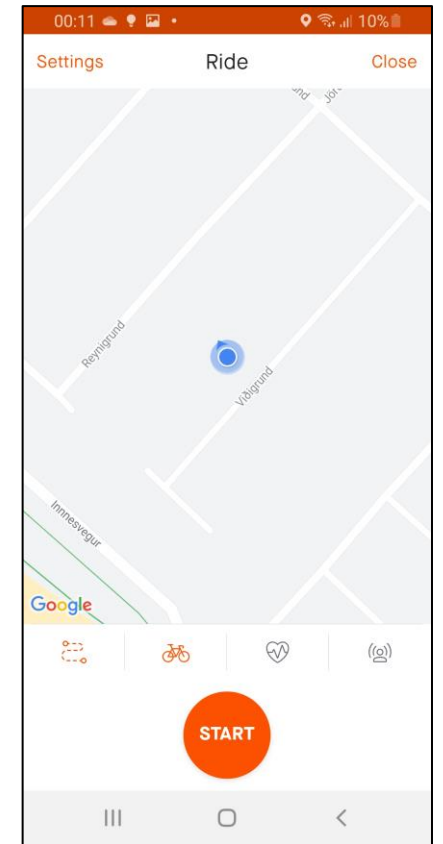
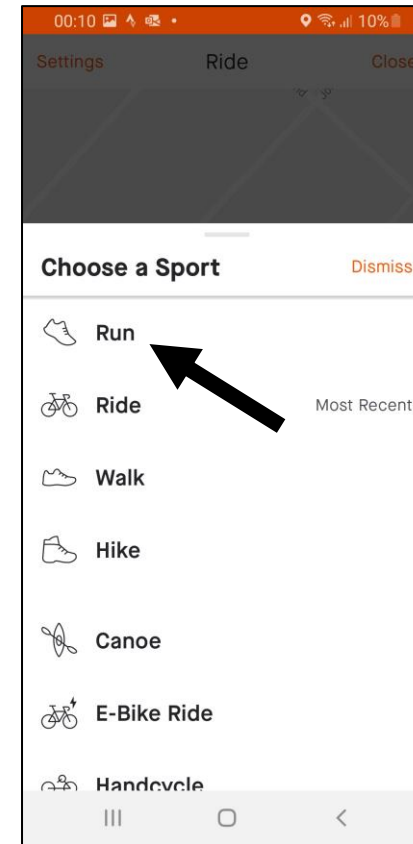
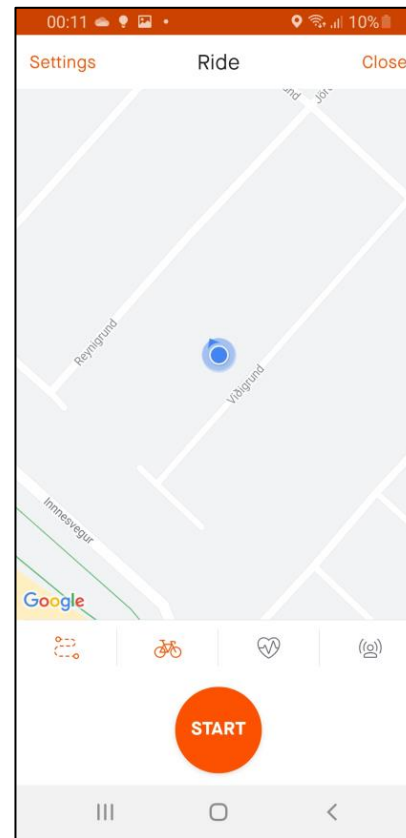
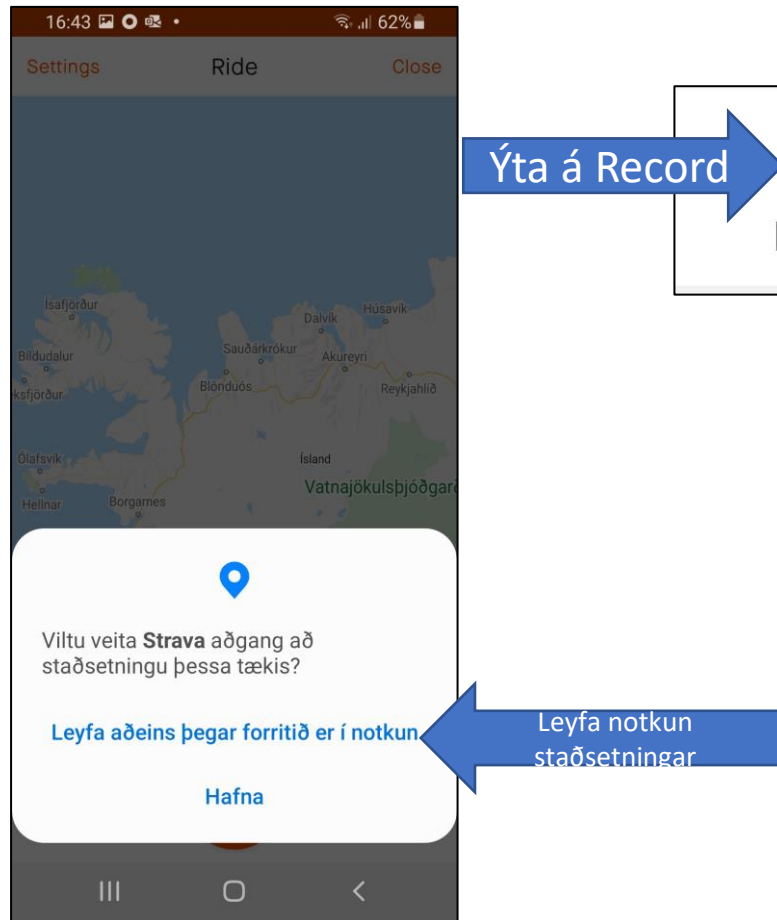
# Ganga í klúbbinn & Privacy settings

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





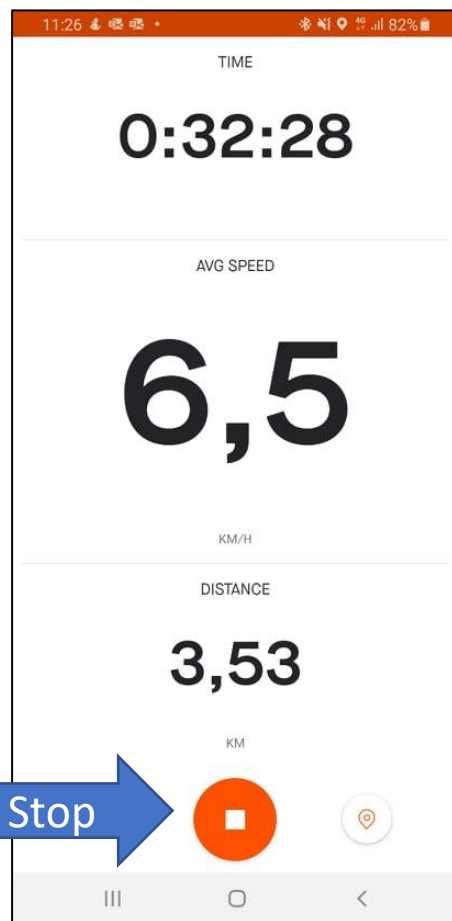
# Hefja upptöku ...



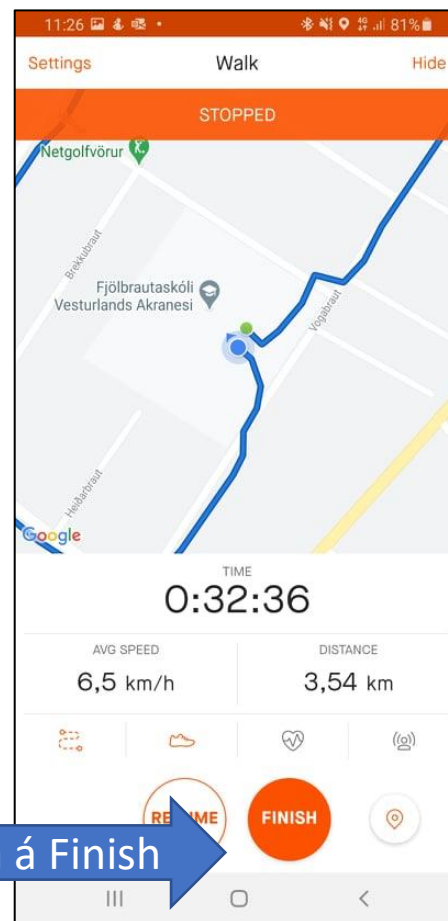
- Mikilvægt er að velja alltaf **RUN**  
Sama hvort verið sé að fara í göngutúr, hlaupa, hjóla eða synda.

... að æfingu lokinni

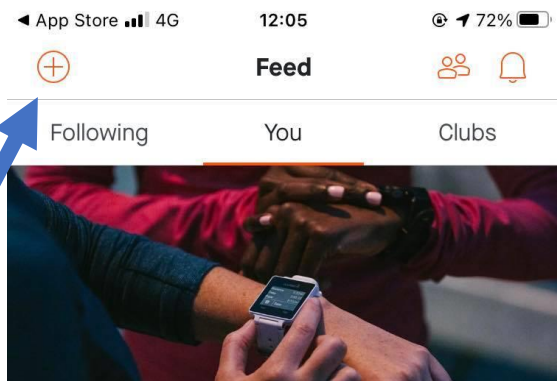
Eftir hreyfingu



Yta á Finish



# ...Eða stilla inn „Manual“



## Getting Started

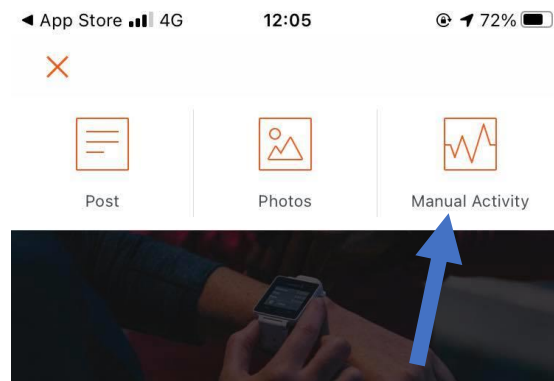
To get you started, we've detailed a few steps on how to get the most from Strava.

 Connect a GPS watch or computer

Record using this app

 Subscribe to Strava

 Learn more about privacy on Strava



## Getting Started

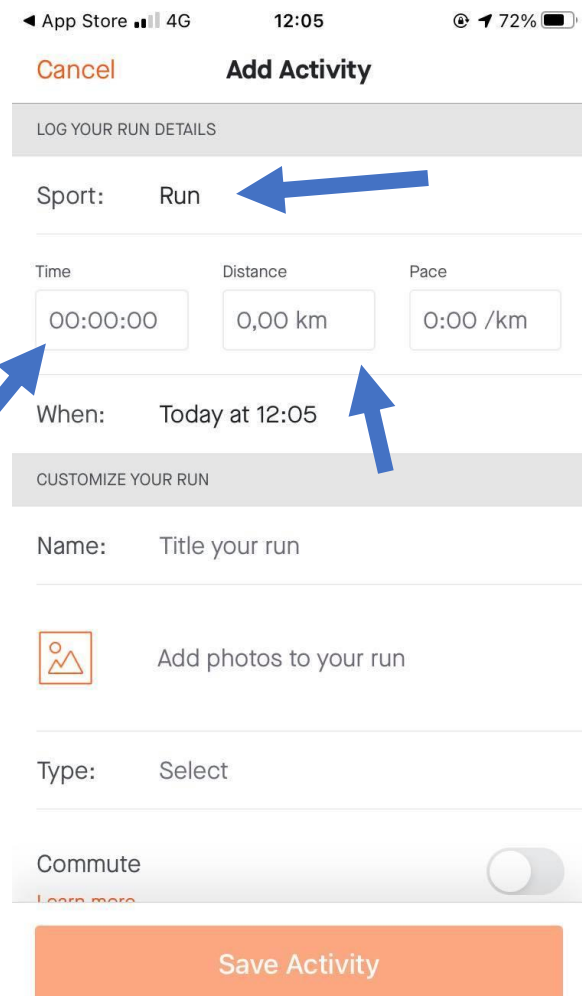
To get you started, we've detailed a few steps on how to get the most from Strava.

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Cancel Add Activity

LOG YOUR RUN DETAILS

Sport: Run

Time

00:00:00

Distance

0,00 km

Pace

0:00 /km

When: Today at 12:05

CUSTOMIZE YOUR RUN

Name: Title your run

 Add photos to your run

Type: Select

Commute

[Learn more](#)

Save Activity