

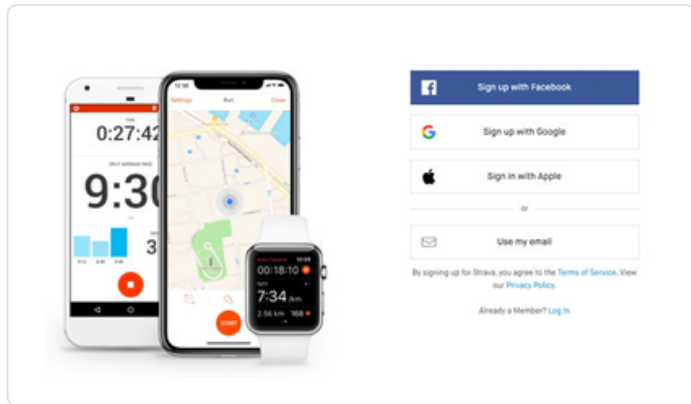
# Strava connection and integration with Kinomap.

Go to your App Store or Google Play store and download the Kinomap App.

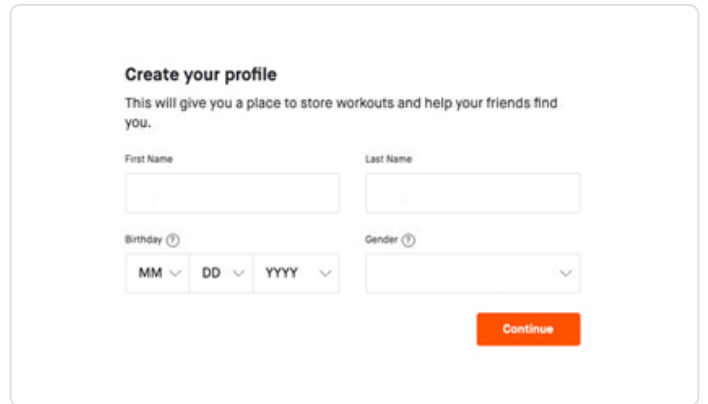


## STEP 1 - MAKE A STRAVA ACCOUNT

Go to [strava.com](https://strava.com) and sign up for a free account using your choice of Facebook, google, apple or email.



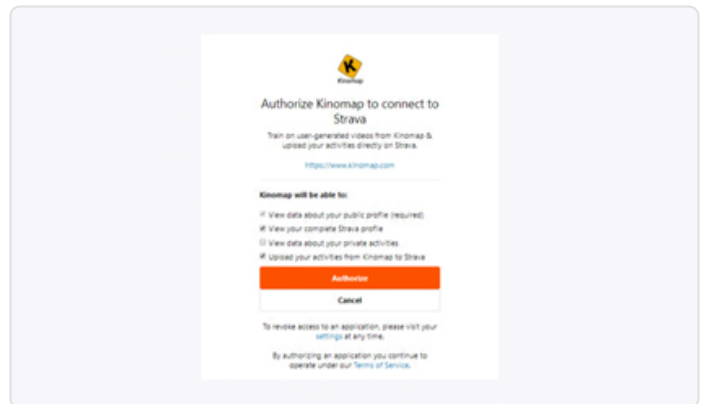
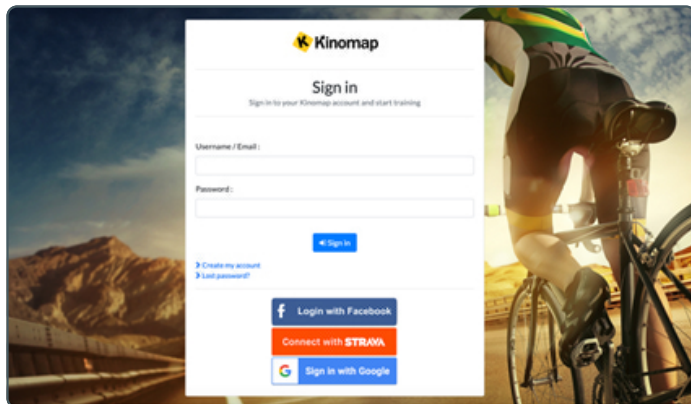
Then fill out the information requested. The strava app itself is free, and you can upgrade to Strava peaks for additional analysis/coaching tools.



## STEP 2 - CONNECT KINOMAP TO STRAVA

Go to <https://dashboard.kinomap.com/en/account/> sharing to manage the export to third-party apps.

(un)Select as appropriate and authorize.



## KINOMAP DASHBOARD

And it brings up your Kinomap dashboard. You have now linked your Kinomap to Strava. So that all Kinomap workouts are logged to Strava.

