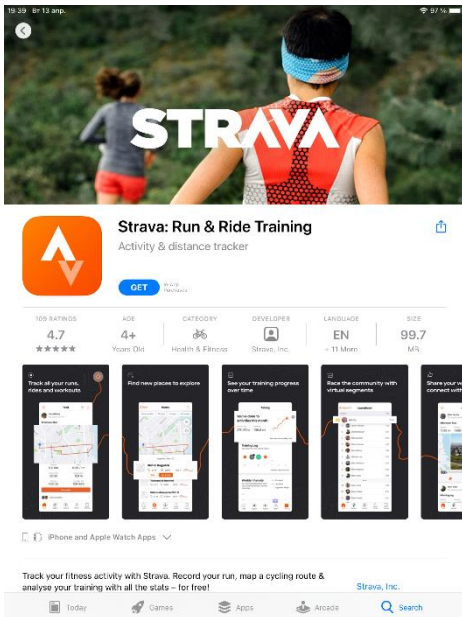
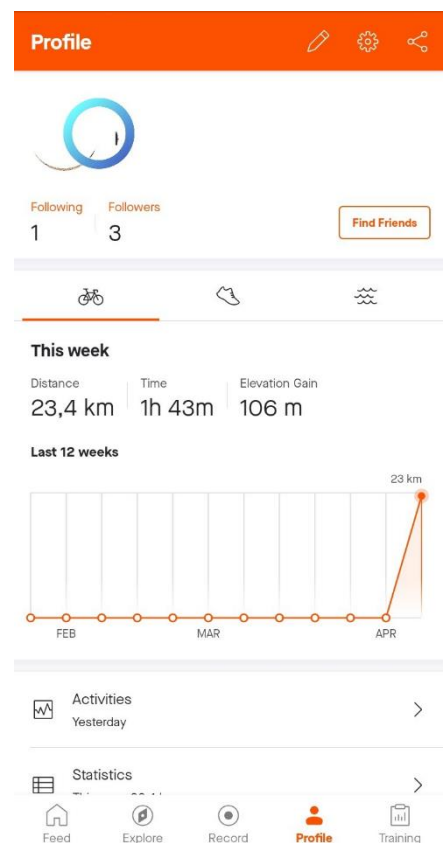
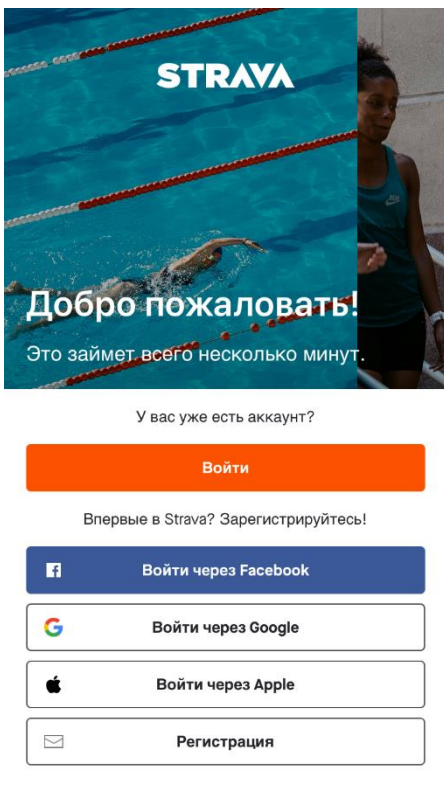


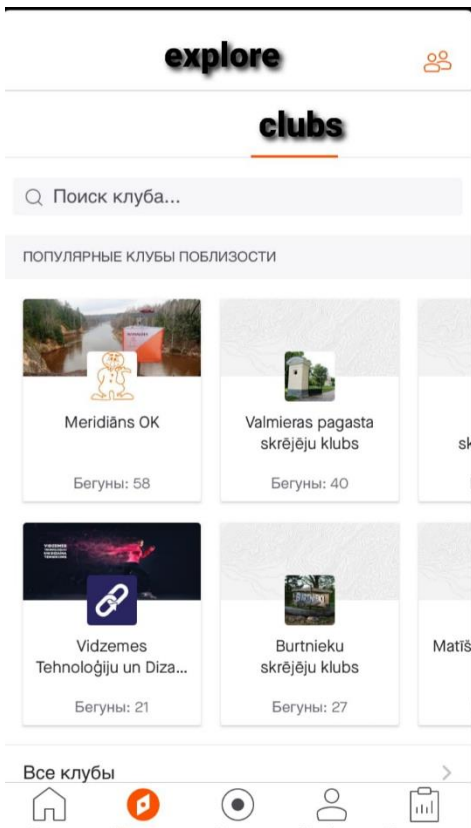
STRAVA aplikācijas lietošanas pamācība

1. Lejupielādē savā viedtālrunī aplikāciju.



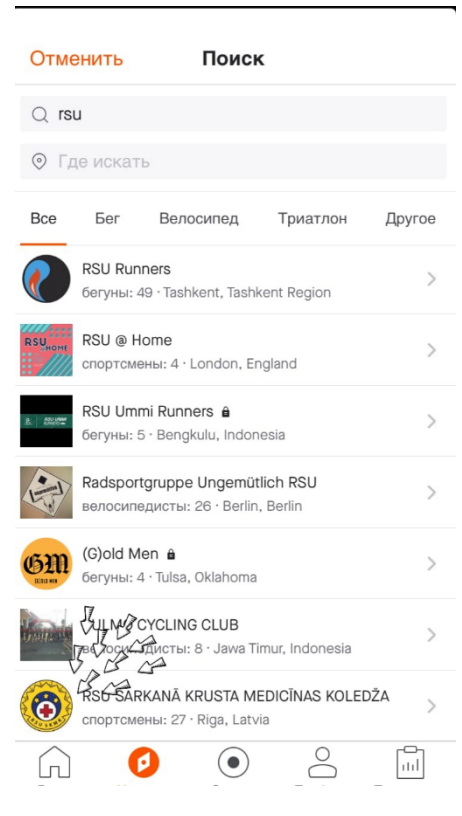
2. Izveido savu kontu.



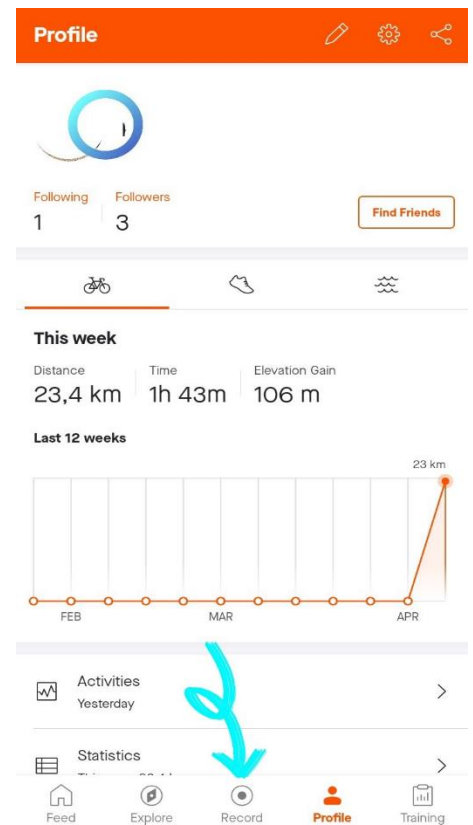


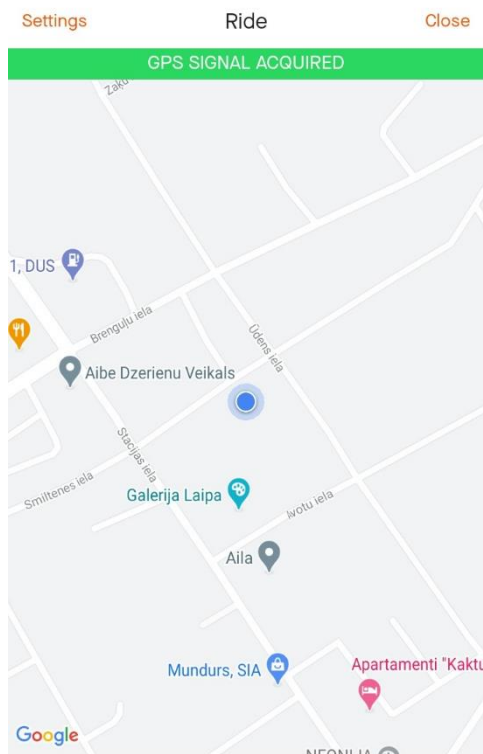
3. Sameklē RSU SKMK klubu.

4. JOIN - pievienojies klubam.



5. Atver profilu, apakšējā izvēles logā nospied RECORD (ierakstīt).





TIME

0:00:03

AVG SPEED

0,0

KM/H

DISTANCE

0

KM



6. Atvērsies logs, kurā izvēlamies otro izvēles logu un atzīmējam savu sporta disciplīnu.

7. Kad disciplīna ir izvēlēta, spiežam START (sākt).

8. Atvērsies logs, kurā tiks fiksēts veiktās distances laiks, garums un vidējais ātrums.

9. Kad distance pabeigta vai vēlies apstādināt, spied attiecīgi FINISH (beigt) vai STOP (apturēt).



Choose a Sport

Dismiss

Run



Ride



Most Recent

Walk



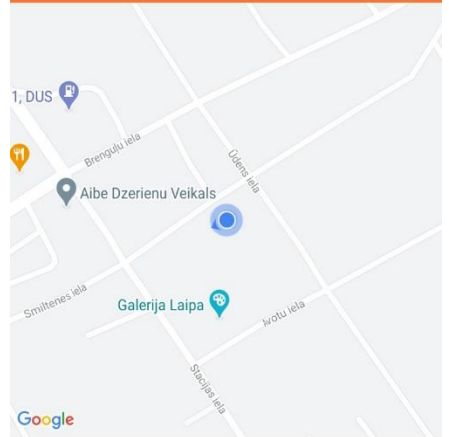
22:59

Settings

Ride

Hide

AUTO-PAUSED



TIME

0:00:10

DISTANCE (km)

0

AVG SPEED (km/h)


0,0



23:00 27%

← Save Activity SAVE

Title your ride

 Add a photo


Ride ▾

Select Type ▾

Add a description

PERCEIVED EXERTION

How did that activity feel?



Easy Moderate Max Effort

[Hide Details](#)

What is Perceived Exertion?

Perceived Exertion is how hard your workout felt overall. Add it to your activities to track how your body is responding to your training. Perceived Exertion can also be used in place of heart rate data with subscription features, so you can better understand how your fitness is trending over time.

PRIVACY CONTROLS

10. Ja vēlies, nākamajā logā vari pievienot aprakstu vai bildi un spied SAVE, lai saglabātu savus rādītājus.