

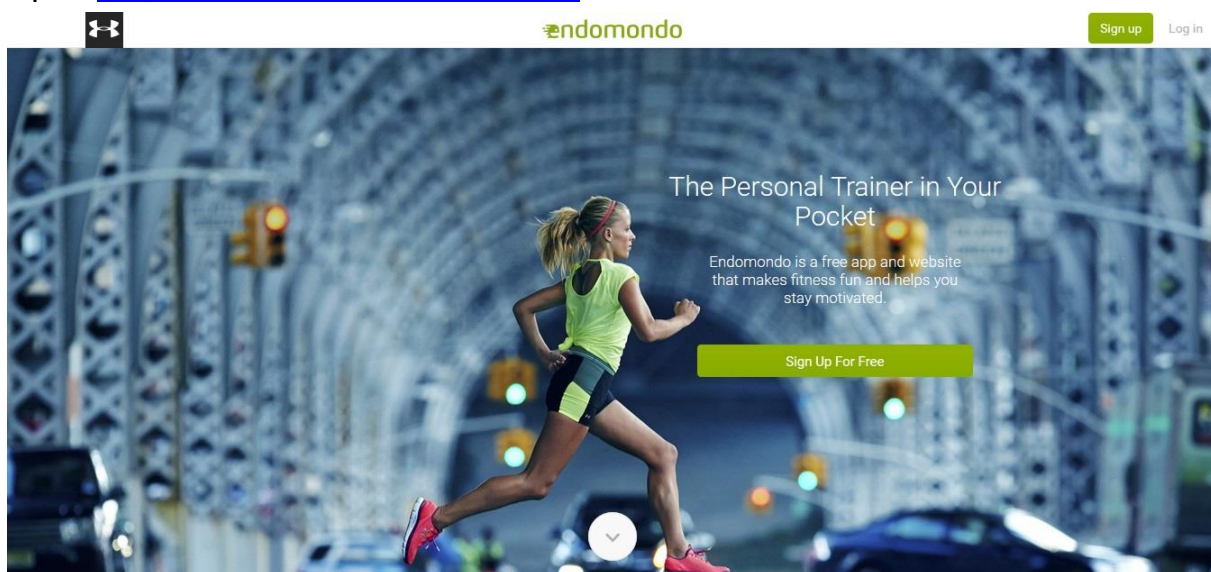


How to use Endomondo

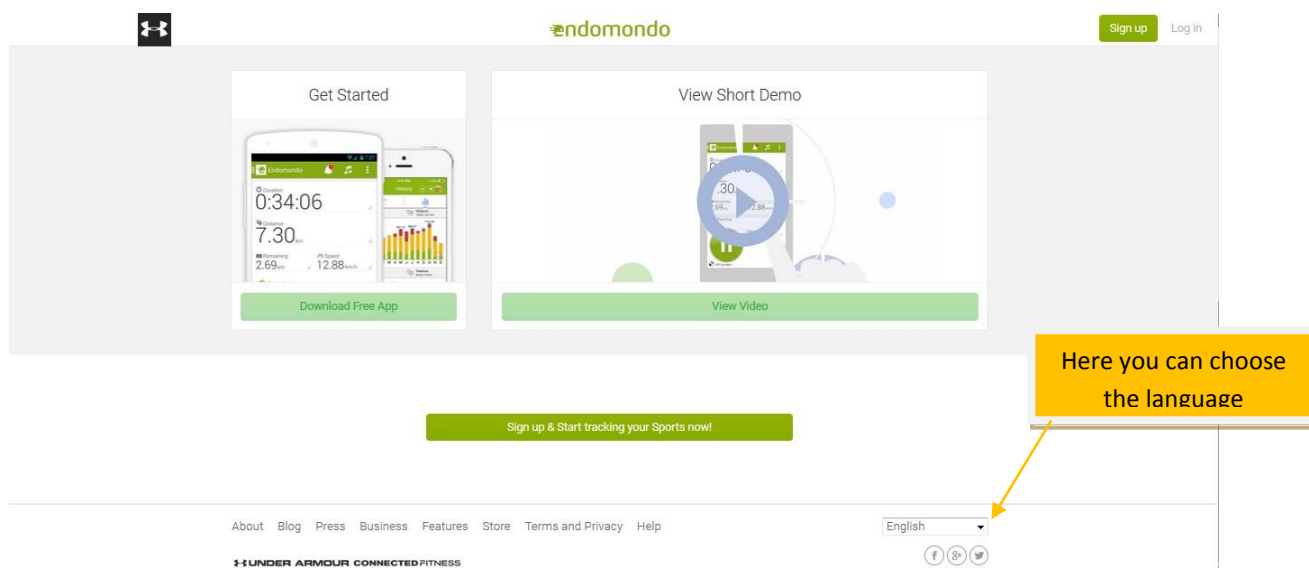
Endomondo is an application that you can download to your smartphone, but you can go to the website and then set and access your account.

To the nitty-gritty!

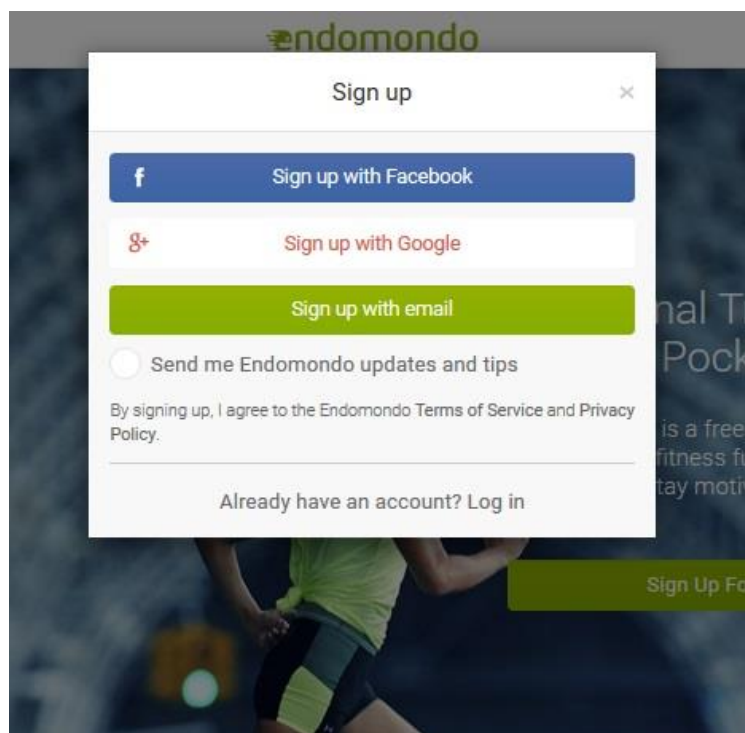
1. Open <https://www.endomondo.com/>



2. Choose the language



3. „ Sign up for free” using one of the following options:



4. After signing up, you must enter you date of birth, weight and height.
After that, please click „next” and know you see website :

The screenshot shows the user's dashboard with the following callouts:

- Messages to you**: Points to the notification bell icon in the top right corner.
- You profile and information about**: Points to the user profile icon in the top right corner.
- Here you can find friends.**: Points to the 'Find Friends' section, which includes options for 'YAHOO!' and 'OTHER (EMAIL, CSV)'.
- Here you can see people that you may know.**: Points to the 'PEOPLE YOU MAY KNOW' section.
- Here you can share what you are thinking of or doing.**: Points to the 'News Feed' section, specifically to the 'Post' button.



endomondo Training Challenges Routes Friends

You can see your friends, chat with them and invite some new people.

Here you can plan your workout, see history of your trainings and statistics.

Here you can join special sport challenges.

You can see all routes in your area.

Here you can see and write some comments

Your scores

Invitations to events

THIS MONTH'S PERFORMANCE

Distance: 0.00 km | Calories: 1 kcal | Duration: 0m:34s

OVERALL SUMMARY

Total workouts:	2
Total duration:	0m:34s
Total distance:	0 km
Trips around the world:	0
Trips to the Moon:	0
Average speed:	0 km/h
Average pace:	00m:00s
Calories burned:	1 kcal
Burgers burned:	0

MY PAGES

Endomondo

Friends List:

- Betina Søbjerg (February 02 at 01:53) 2742 plads
- P. Dandanell (February 06 at 23:04) ?
- Juan Felipe Cordero (February 25 at 03:43) siii a seguir adelante
- Alexander Larsen (April 21 at 15:58) Lykke

Write a comment... More

Invitation to event:

Vind over vejret
 Type: Most km, Running
 Duration: 10/1/15 - 10/31/15
 Country: Denmark
 Prize: 3x et STORM-løbesæt med tre dele fra Under Armour

IGNORE JOIN

GLOBAL CHALLENGE

Here you can check, how many hamburgers have you eaten so far ;)

5. Now, you can download the application to your smartphone and start using it! You don't have to be on-line, your application saves the results and while connected, your account gets updated.