

Using the Strands Tracker for Garmin

1. Make sure you have the Garmin Training Center

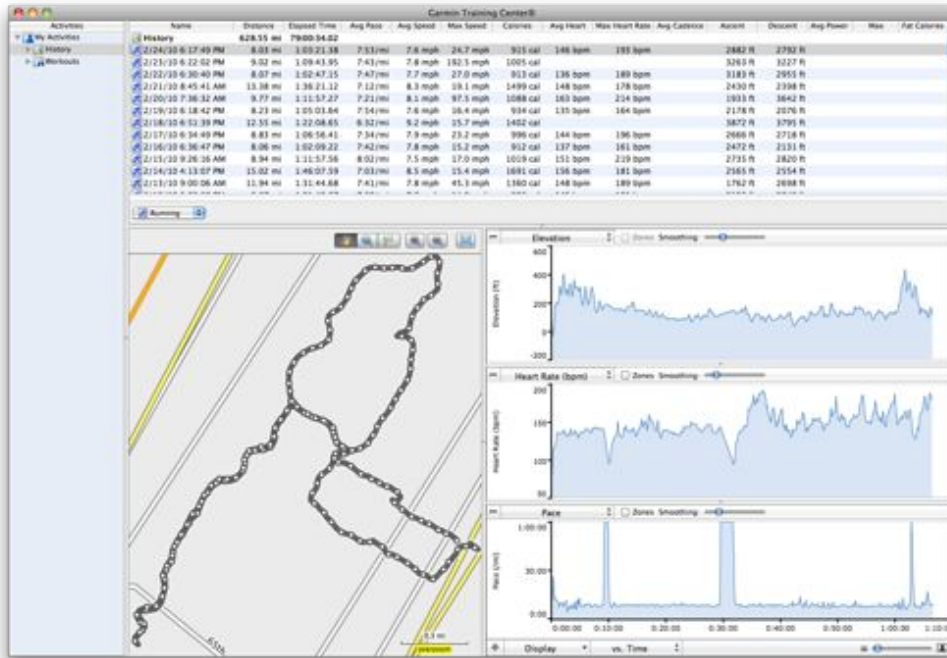
(http://www.garmin.com/garmin/cms/us/intosports/training_center)



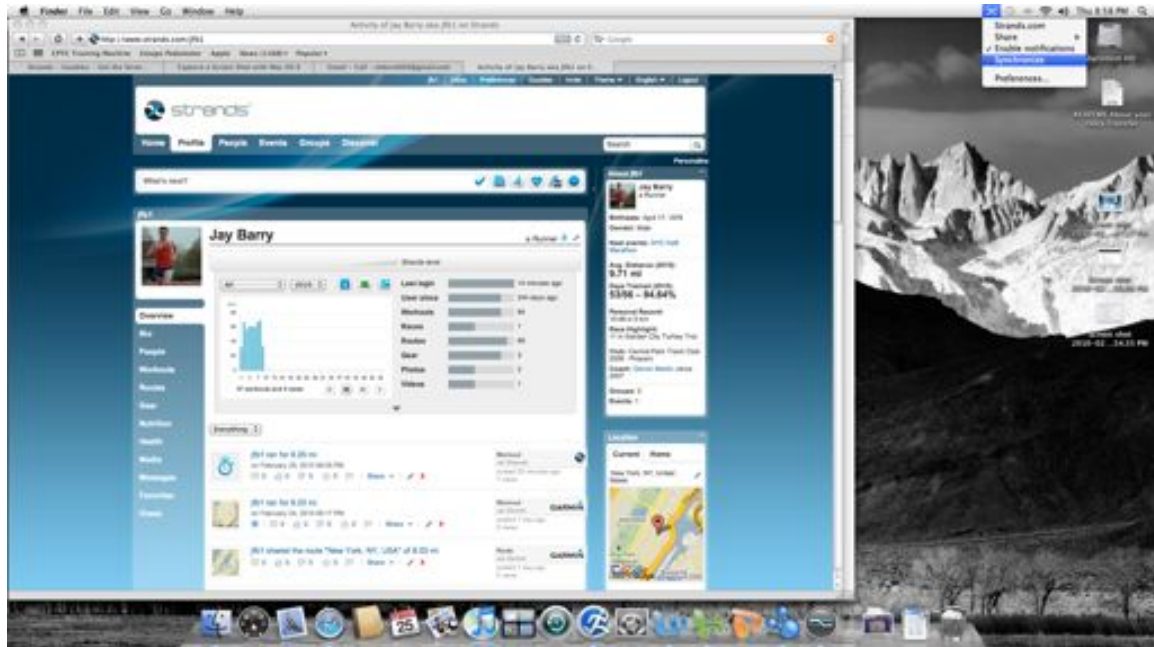
2. Download the Strands Tracker from www.strands.com



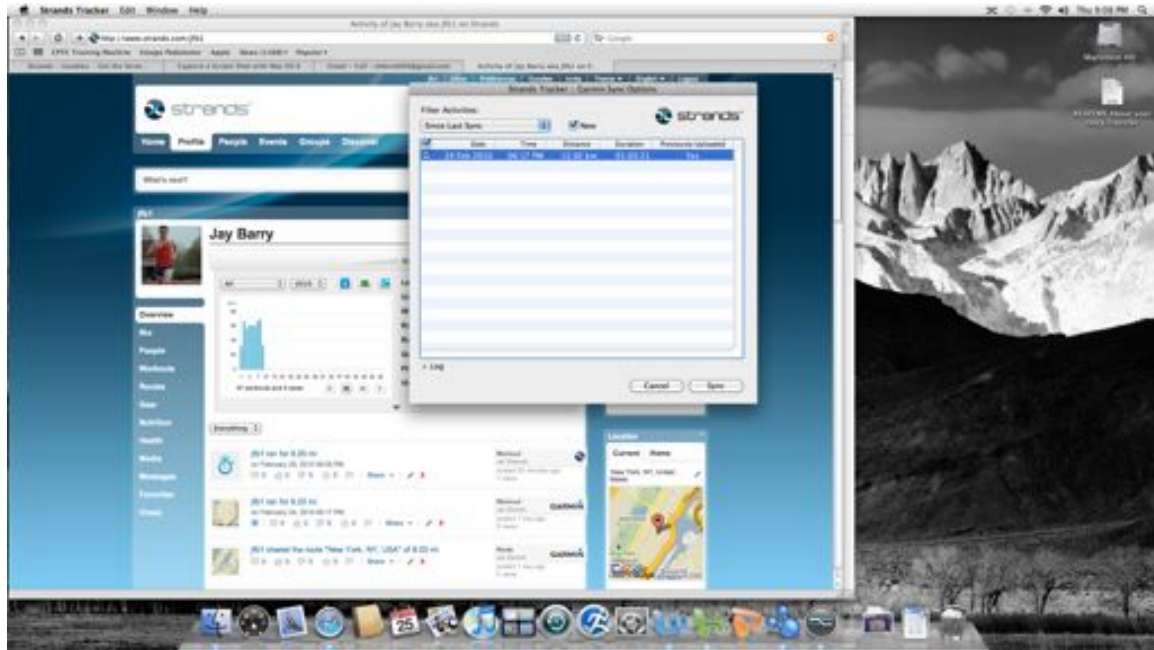
3. Once programs are downloaded and set up, open the Garmin Training Center. It will sync with your Garmin fitness device automatically. Click on history to make sure your most recent workout has been uploaded.



4. Close the Garmin Training Center. Open the Strands Tracker and choose "Synchronize."



4. A new window will pop up. Choose the workout you want to upload and hit the “Sync” button.



5. When your workout is uploaded a window will pop up, confirming your upload. Go to www.strands.com. Click on the recently uploaded workout to add details to your workout.

